Gather around the campfire ...

... for some fried eggs with sweet peppers — perfect in your camping skillet PAGE 16

DIVING RIGHT IN

FEW ATHLETES HAVE THE CHARM OF CANADA'S JENNIFER ABEL. WHAT MAKES THIS DIVER SO SPECIAL? OLYMPIC PREVIEW PAGE 21

OTTAWA metro®

Monday, July 16, 2012

News worth sharing.

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

An aerial photo provided by the Ottawa Fire Service shows fire vehicles and a mobile command post near the burned area of the forest near Lime Kiln Trail. On the horizon, built-up areas are visible. CONTRIBUTED

Too close for comfort

Warnings. Tinder-dry conditions persist despite rain; firefighters asking Ottawans to respect burn ban and be careful with their cigarettes

JESSICA SMITH
jessica.smith@metronews.ca

The worst-case scenario for the brush fire off Moodie Drive was that it might spread to Bells Corners, firefighters said Sunday.

That never came to pass, and on Sunday, three days after the first flames broke out, crews were in the forest, making sure hotspots didn't reignite.

Marc Laframboise, a veteran of Ottawa Fire Services, said the fear for Bells Corners was a serious one. A fire could have easily spread between homes because of the dry conditions, he said.

Some homes on Old Richmond Road were evacuated Thursday night, but none were damaged.

Firefighters were still hoping for rain on Sunday, even after showers fell on some parts of the city and the northern end of the brush fire.

"We are looking up at the sky and hoping that Mother Nature comes through for us and brings us some rain, but unfortunately I think it's going to take a lot of rain before we can sit back and say finally things are back to normal," said spokesman Marc Messier.

Follow Jessica Smith on Twitter @jessiecatherine

GIVING CANADA'S ATHLETES
THE VISION TO SUCCEED
LASIK MD
VISION
LASIK starting at $490/eye* • FREE Consultation: 1-877-769-3030 • www.lasikmd.com

Exciting News from CPI Interiors

After 14 years as CPI Interiors, we are proud to be joining Decorating Den Interiors, North America's largest interior design and home furnishings franchise company.

Our name is new, but our excellent customer-oriented service will be the same. Our product selections will be even greater. Decorating Den Interiors has been creating beautiful rooms since 1969.

Contact us today, to have one of our designers create the home of your dreams, with experienced, professional service.

Decorating Den® INTERIORS

Creating Beautiful Rooms Since 1969

Formerly

CPI INTERIORS

7276630 CANADA INC.

Catherine Pulcine

(613) 599-5564

www.cpi.decoratingden.com

Up in flames

Home incinerated

House fire scatters ash for blocks

Smoke billowed from an Old Ottawa South house fire Saturday evening in a huge black plume that scattered ash for blocks. The smoke came from a fire that incinerated a two-storey Hopewell Avenue residence. No one was hurt, but five people were displaced from their homes.

'Like a burning pyre'

"The fire got bigger and bigger and the whole house was like a burning pyre. It was crazy. The wind was going east and the front porch of my place caught on fire and from there it just got worse."

Xander Galbreath of 126 Hopewell Ave., which was damaged by the fire that destroyed his next-door neighbour's home

30 homes evacuated

$1M

The fire caused about $1 million in damages to three homes and their contents. Officials said the blaze started in the grass outside the first home, then spread to a tree and to two other houses. Firefighters evacuated 30 homes in the area as they battled the fire for over three hours.

All-age access. Bluesfest bridges generation gaps

If you scanned the Bluesfest crowd enjoying Skrillex on Saturday night, you would have found quite a few pre-teens and toddlers accompanied by their parents, bobbing their heads to his high-energy dubstep tracks.

Age was not a factor — everyone was there to enjoy the music. But that was the plan all along, according to AJ Sauve, director of communications for the Ottawa Bluesfest.

"We wanted it to be a family affair," Sauve said. "I was at Our Lady Peace and saw a lot of mid-aged people singing along with their kids. That was a great thing to see."

In order to keep a wide number of fans intrigued, a variety of artists from different genres took the stage throughout the festival.

"We have an eclectic mix of (music fans) which is really representative of our country," Sauve said. "At this point, we're not really about setting records anymore. It's more about the overall experience now," he added, insisting that next year, even more diverse musical genres can be expected.

The festival is on track to match last year's total of 300,000 people through the gate. JESSICA BEDDAOUI/FOR METRO

Carey Larson, left, her husband Stig and their daughter Svea pose for a photo as Young Empires play the Claridge Stage on Sunday.
JESSICA SMITH/METRO

Forecast. Parched conditions to last at least another week

It may have been brief, but for a few minutes on Sunday, downtown Ottawa was sprinkled with rain and Twitter exploded with tweets welcoming the downpour.

What may have seemed like the end to a long dry spell was anything but, according to Mark Seifert, a meteorologist with Environment Canada. For at least one more week, he said, Ottawa can expect a forecast of humid, dry and seasonally high temperatures.

Seifert did say that a cold front is expected to sweep across the capital on Tuesday night and early Wednesday morning, but the chance of significant, widespread precipitation is still slim.

"Instead of mid-to-high 30s, we will be returning to a more seasonable norm of 27 C," he added.

The dry conditions have posed a number of problems for local fire crews, who have seen an increase in the number of brush, spot, and grass fires.

Marc Messier, public information officer for Ottawa Fire Services, says that the dry conditions have drastically increased the risk of fire. "It just takes one ember to crisp off and then we have a fire," he said.

Bonfires and the reckless disposal of cigarette butts and matches remain the top causes of fire during a dry spell.

A burn ban has been in effect since the first week of July and will continue to be in place until there is a significant amount of precipitation, Messier added.

JESSICA BEDDAOUI/FOR METRO

1 NEWS

On the web

The Boss gets cut off

British rock fans were treated to an abrupt end to a concert when Bruce Springsteen and Paul McCartney had their mics cut off by concert promoters at a London gig over the weekend. Go to metronews.ca to find out why the Boss and the Beatle were silenced.

Mobile news

Tony Stark himself (Robert Downey Jr.) joined Marvel Studios boss Kevin Feige at the San Diego Comic-Con this weekend to announce Marvel's upcoming slate of super hero movies, and drop a few tantalizing clips from Iron Man 3. Scan the code to find out what else is coming up in Marvel's movie calendar.

Sensational!
SMITHS FALLS
Heart of the Rideau Canal
Come experience
Sensational!
Downtown Smiths Falls
Downtown Smiths Falls offers you over 160 unique shops and services. You'll discover a wonderful selection of clothing, giftware, jewellery, art, antiques and specialty products.
While you're searching for that special item, pause to enjoy an unmatched dining experience or explore one of the museums or waterfront attractions.
Smiths Falls, where you can Shop, Explore & Be Sensational!
www.smithsfalls.ca
www.downtownsmithsfalls.ca

Landslide

Search efforts continue for missing persons

Crews kept a close eye on the weather as it hampered search efforts for four people believed to be buried in a massive landslide in southeastern B.C.
THE CANADIAN PRESS

Ribfest

Lightning sends 17 to hospital

Seventeen people were hospitalized with non-life-threatening injuries on Sunday after lightning struck a tent with hundreds of people inside at a food festival in Whitby, Ont.
THE CANADIAN PRESS

Sex-abuse scandal

Paterno's halo removed

An artist has removed a halo from a mural of football coach Joe Paterno amid the school's sex-abuse scandal. The artist added a large blue ribbon instead on Paterno's lapel symbolizing support for child-abuse victims. THE ASSOCIATED PRESS

A portrait of Sue and Joe Paterno by artist Bill Rettig.
GENE J. PUSKAR/THE ASSOCIATED PRESS

Alexandria, Egypt

Tower collapse kills 11

An apartment tower under construction collapsed on adjacent buildings in the Mediterranean city of Alexandria, killing 11 people, Egypt's Health Ministry said Sunday.

The ministry said five other people were injured and that search teams were searching for survivors buried under rubble.

The 11-storey building in the poor neighbourhood of al-Gomrouk collapsed late Saturday onto three adjacent buildings, reducing much of the structures to rubble. All the dead and injured lived in the three smaller buildings.

Building collapses are not uncommon in Egypt, where shoddy construction is widespread in shantytowns.
THE ASSOCIATED PRESS

Syrian conflict a civil war: Red Cross

Formal declaration. Announcement comes as UN observers investigate farm-village assault where dozens were reported killed

Quoted

"International humanitarian law applies to all areas where the hostilities are taking place."

Hicham Hassan, spokesperson for the International Committee of the Red Cross

Syria's 16-month bloodbath crossed an important symbolic threshold Sunday as the international Red Cross formally declared the conflict a civil war, a status with implications for potential war-crimes prosecutions.

The Red Cross statement came as UN observers gathered new details on what happened in a village where dozens were reported killed in a regime assault. After a second visit to Tremseh on Sunday, the team said Syrian troops went door-to-door in the village, checking residents' IDs and then killing some of them and taking others away.

According to the UN, the attack appeared targeted at army defectors and activists.

"Pools of blood and brain matter were observed in a number of homes," a UN statement said.
THE ASSOCIATED PRESS

Arab Spring. Canada froze billions in assets: Document

Canadian authorities red-pencilled almost $4.3 billion in suspect assets belonging to dictators, allegedly corrupt officials and others in response to the Arab Spring uprisings, newly disclosed documents say.

An RCMP briefing note says the national police force's federal policing branch worked with the Foreign Affairs Department, Public Safety, security intelligence agencies and Canadian banks to "identify and freeze" the assets.
THE CANADIAN PRESS

A residential area is submerged by torrential rain overnight in Kyoto, Japan, Sunday. KYODO NEWS/THE ASSOCIATED PRESS

Dozens dead, thousands cut off after floods, mudslides hit Japan

Thousands of people in southern Japan remained cut off Sunday by floods and mudslides triggered by torrential rains that have killed at least 26 people, local authorities said.

Evacuation orders issued a day earlier for a quarter of a million people were lifted in most areas Sunday as the rains subsided, allowing many people to return home.

But thousands remained cut off by landslides or fallen trees that blocked roads in mountainous areas.

More than 3,000 people were left stranded in Yame, in Fukuoka Prefecture in southwestern Japan, where roads were cut off to seven districts, the Kyodo news agency reported, citing local authorities. The Japanese military airlifted food by helicopters to stranded districts.

Local officials raised the death toll from the torrential rains in the northern parts of the Kyushu region to 26 and six people remain missing in Kumamoto, Oita and Fukuoka prefectures, Kyodo reported. Most of the victims were in their 70s and 80s.

In Yame, a 70-year-old man died after being caught in a landslide, while another man died in Yanagawa, also in Fukuoka, after being retrieved from a car at an irrigation channel floodgate, according to local authorities, Kyodo reported.

In Kyoto Prefecture, heavy rainfall of up to 90 millimeters per hour flooded around 100 houses each in Kameoka and Kyoto.

The Japan Meteorological Agency said that the worst was over, but predicted more rain and thunderstorms in some areas through Monday.
THE ASSOCIATED PRESS

Prepare for your future

Management Development Program for Women

Professional part-time program. Bursaries available.

Information Session, Monday, July 23rd – 6 p.m.
For more information, please call 613-520-2650.

www.sprott.carleton.ca/mdpw

Carleton UNIVERSITY | Centre for Research and Education on Women and Work

SPROTT SCHOOL OF BUSINESS

JOCKEY®
MANUFACTURER'S
CLEARANCE
ON NOW! HURRY IN!
5.99
Single panties*
WAS $12 - $16
15.99
3-pack or 5-pack panties*
WAS $24 - $30
15.99
Camisoles*
WAS $22 - $30
While quantities last. Selection varies by store.
*Excludes items with prices ending in .97 & .88 and currently advertised items.
NE073G112 © 2012. Sears Canada Inc.
Sears

Canada's e-domain turns 25

Oh, Canada. Online suffix has now grown to become the 14th largest registry out of 250 worldwide

How much can two letters accomplish in 25 years? Enough to become an entire country's online home and electronic national brand.

Few Canadians may have understood the significance of the .ca top-level domain when it first came into being in 1987, but a quarter-century later, few are left in any doubt.

The Canadian government, the bulk of the country's academic institutions and hundreds of sites that fuel national e-commerce are just a few of the two million domains that have chosen to append the .ca suffix to the end of their websites.

The man behind the .ca registry little envisioned such growth when he set out to carve out Canada's niche in cyberspace.

John Demco, then a computer science student at the University of British Columbia and now an industry consultant, said his decision to create the .ca suffix was driven largely by patriotism and a desire to make research easier.

As the Internet became more cohesive and worked its way into more Canadian households, Demco watched his two-letter project grow to encompass some of the country's most prominent institutions.

THE CANADIAN PRESS

End game

"I saw (the .ca domain) as a way to bring the disparate groups together."

Computer scientist John Demco on why he created the suffix in May 1987

Keeping an eye on their rights

Farmers stage a protest rally in Yangon, Myanmar, on Sunday. The farmers near Yangon region are fighting back against confiscation of their farmlands by local authorities and businesses. The protest was the first public assembly in the wake of Myanmar's new Peaceful Assembly and Peaceful Procession Law. THE ASSOCIATED PRESS

Tech troubles. RIM loses $147.2M patent lawsuit

Just as the dust began to settle from a tumultuous annual meeting, Research In Motion was hit with another setback Friday as a northern California jury ordered the troubled BlackBerry maker to pay $147.2 million in a patent lawsuit.

The Waterloo, Ont.-based company was fresh out of Tuesday's meeting — which saw board members take heat even as they hung on to their seats — when the verdict came down in the suit over a remote management system for wireless devices.

The decision comes at the worst time for RIM, which reported a first-quarter loss and delayed the release of its much-hyped BlackBerry 10 operating system until next year,

RIM said it is "disappointed" the jury sided with the Delaware-based Mformation Technologies and is "evaluating all legal options."

THE CANADIAN PRESS

Global banking

Canadian link to LIBOR scandal?

Documents filed in court suggest Canada's competition bureau is investigating a possible Canadian link to the alleged manipulation of a key international interest rate known as the LIBOR rate.

Bureau spokesperson Gabrielle Tasse said she could not provide details but an investigation was ongoing.

THE CANADIAN PRESS

Resource development

Aboriginals need resource say: Report

A new report due Monday from the Canadian Council of Chief Executives in advance of the annual meeting of premiers later this month is urging the provinces to make aboriginal communities full partners in developing energy and mining projects.

The report urges training and development for the growing aboriginal workforce. THE CANADIAN PRESS

TD Canada Trust

Reason to switch #2:

A bank that's open Sunday

Switch & get up to $250[1]

Switch your chequing account to TD and bank when it's convenient for you, even on Sunday, at over 300 of our locations.

www.tdcanadatrust.com/switch • 1-866-832-1478

Banking can be this comfortable

[1] Offer available May 14 – July 20, 2012 but may be changed, extended or withdrawn at any time without notice. Conditions apply. See us for details. ®/ The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.

Canada's National Notary Public Company

Notarization & Legalization

Mobile Notary
Certified True Copies
E-Document Certification
Notarization & Commissioners of Oaths
Affidavits
Visa & Passport Processing

Over 100 Locations Across Canada

Red Seal NOTARY

Scan and Save

Fingerprinting
Background Checks
Land Title Searches
Authentication & Legalization (Apostille)
Consent to Travel

RedSealNotary.com

1-888 922-7325

"WIND gave me a way cooler phone with more talk and data for $20 cheaper than my old wireless carrier. Thanks WIND."

– Mary-Beth K. of Toronto
WIND CUSTOMER SINCE DECEMBER 2010

THAT'S THE POWER OF

WIND™

JOIN FOR THE SAVINGS, STAY FOR THE SAVINGS.

JOIN WIND BY JULY 23RD AND GET UP TO $200 IN SERVICE CREDITS.

up to **$200** in service credits

It pays to join WIND by July 23RD. Get any of our awesome phones on WINDtab™, sign up for our $40 unlimited Canada-wide plan and you'll receive up to $200 in service credits.

NOKIA LUMIA | $0 on WINDtab™

HUAWEI 8651 | $0 on WINDtab™

SAMSUNG GALAXY S III™ | $299 on WINDtab™

SAMSUNG GALAXY NEXUS™ | $99 on WINDtab™

BLACKBERRY® BOLD™ 9790 | $0 on WINDtab™

Find more information and your nearest store at

WINDmobile.ca

Offer ends July 23rd, 2012. To be eligible for this promotion activate a new number or port-in your existing number and purchase any phone on WINDtab with our $40/month plan in person at a WIND retail store during the Promotion Period. Up to $20 will be credited to your active account every month for 10 months starting with your first bill. The credit is applicable to monthly add-ons and pay per use charges only and not towards your monthly plan fee. This offer is available to Pay After account holders only. Your account must be in good standing and you must keep the number you activated and the $40 plan in order to receive the credit. This promotion is available at WIND retail locations only. This offer cannot be combined with any other promotional offers. All services subject to WIND's terms of service, fair usage policy, and internet traffic management policy and are for personal use by an individual. Applicable taxes extra. Other conditions apply. Full details at WINDmobile.ca. ©2012 Nokia. Nokia and Nokia Lumia 710 are registered trademarks of Nokia Corporation. © 2012 Samsung Electronics Canada, Inc. Samsung and Samsung Galaxy S III are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. BlackBerry®, Bold™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. WIND, WINDtab and WIND MOBILE are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. All other trademarks are the property of their respective owners. © 2012 WIND Mobile.

TAKING THE BIXI CHALLENGE

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

My curiosity wouldn't allow me a second summer of walking by those shiny Bixi bike racks downtown without finally saddling up. The NCC's bike-share program, launched last year, expanded to 250 bikes at 25 stations this year and doubled its ridership this spring, so clearly I'm not the only one.

My experience of this city is generally of the pound-the-pavement variety. I haven't owned a bike in 20 years, and I rode it in a much smaller city. My more adventurous companion used to cycle the meaner streets of Toronto, but both she and I were considerably out of practice.

Fourteen dollars got us two bikes (in splendid condition) for 24 hours, though this doesn't include the $250 security deposit or the credit card required for the transaction. The tiny screen also displays a 54-page rental agreement you're apparently supposed to stand there and scroll through. I blithely assumed I hadn't signed away anything vital and off we went.

On the road on two wheels

We did everything we could to avoid busy streets and tangling with automotive traffic, even illicitly taking to the sidewalks when the side mirrors seemed a little too close and a fine seemed preferable to a flattening.

Because we don't own bikes, we also didn't have locks, which limited the sorts of stops we could make, or helmets, which made us distinctly reluctant to jump right into Ottawa traffic, singled out as the country's third-worst in a survey last week.

Opinions vary as to my brain's horsepower, state of repair and general utility, but it's the only one I've got, and I'm protective of it. It's also, as an occupational hazard, often clogged with frightening factoids like those contained in last month's provincial report on cycling deaths.

A panel headed by Ontario's deputy chief coroner Dan Cass examined and recommended mandatory helmets for all cyclists, not just those under 18. Of the 129 Ontario cyclists killed in collisions between 2006 and 2010, 73 per cent weren't wearing a helmet and — this might surprise you, but not me — 86 per cent were male.

So we picked up the bikes outside the NAC, but instead of heading west down Laurier to try out that segregated bike lane, designed in part to make unskilled riders like us feel safe enough to enter downtown traffic, we headed straight for the canal.

Now I understand why there are so many obsessive cyclists in this city. As we cruised by Dow's Lake, the Experimental Farm Arboretum, Mooney's Bay and all manner of other places I hadn't seen in far too long but wouldn't bother taking a bus to get to, I often caught myself grinning because everything, the sun, the shade, the breeze, just felt so good.

We came across a park with swings, and stopped to give them a workout, not something we'd generally do if we'd happened upon them walking, but from our bliss-on-wheels vantage point, suddenly it seemed exactly the right thing to do.

Rookies that we were, our grasp of local biking custom was a bit limited. We took seriously, for example, signs posted on bridges, tunnels and other choke points for cyclists and pedestrians to dismount and walk our bikes. But we seemed to be the only ones who didn't regard these signs as mere suggestions, and fairly goofy ones at that.

We did everything we could to avoid busy streets and tangling with automotive traffic, even illicitly taking to the sidewalks when the side mirrors seemed a little too close and a fine seemed preferable to a flattening.

When we couldn't avoid traffic, we felt like obstacles not only to the cars but also to hardcore cyclists. I was a little surprised as we poked along on Montreal Road in rush hour to hear "On your left," as a couple of seasoned wheeled warriors skillfully zipped past us in the narrow bike lane.

A study of bike-share programs released last year credited them with improving health, saving lives and reducing emissions. They may also have just sold a pair of bikes to a couple of pedestrians who had forgotten just how good two wheels and the wind can feel.

Toy blocks stack up to be fine art

CHIANG YING-YING/THE ASSOCIATED PRESS

Piece by piece

Exhibition displays Lego-only sculptures

A visitor looks at New York-based artist Nathan Sawaya's artwork dubbed "T-Rax," constructed with Lego bricks during The Art of the Brick exhibition in Taipei, Taiwan, on Sunday.

The exhibition, also on tour in North America and Australia, is the first to display sculptures made solely of Lego bricks.

Each exhibition uses almost one million Lego pieces to produce awe-inspiring creations.

THE ASSOCIATED PRESS

The artist, the man

- Growing up, Sawaya was always a creative child. From drawing cartoons, crafting stories, perfecting magic tricks and, obviously, playing with Lego, he was able to discover his talent.
- He worked as a corporate lawyer until 2001, when he quit to take a job as a builder at Legoland — a job that paid only $30,000 US.
- He now works as a freelance artist and accepts commissions from celebrities, corporations and everything in between.

Does this Lego man look familiar?
CONTRIBUTED

Building blocks

"I buy all of my bricks just like everyone else. I spend over six figures on bricks annually. My local Target loves me."

Nathan Sawaya in a statement on his website, regarding the 1.5-million coloured bricks in his New York studio.

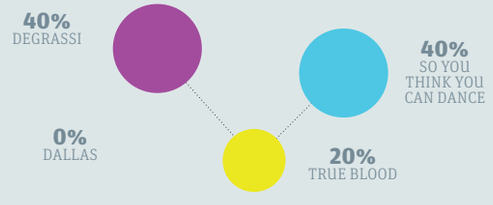
Check it out

brickartist.com

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's your can't-miss TV show this summer?



Twitter

@EqualOppKitchen: Yay - rain in #Ottawa. Keep it coming!

@JimmyComm: Finally, it rains!! I hope it keeps up for a week. #ottawa

@rory_mg: Quick, everyone in #ottawa tweet about how it's raining!

@PeterSchattmann: @KatyChancey I have a rain barrel... What in heck is a rain chain. Chains are used commonly to flush.....

@SLPang: Sprinkles of rain coming down in Dunrobin! Perfect lazy day in the porch swing! #ottawa #weather

@beccydavid: No humidity relief, you cruel woman! RT @GraceScorrar: Rain! Thankyou Mama nature! #finally #Ottawa

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **General Manager** Dara Mottahed • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 300 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

Batman royale

A quintet of actors have donned the cowl and taken up the mantle of film's guardian of Gotham City. While they all hide out in a cave and chase after deranged nutballs, there are many hues of grey in the Batman rainbow, from winking goofball to neurotic loner in need of Zoloft. The question is: If you needed to summon the Dark Knight (taping a bat emblem to a flashlight can work in a pinch), which iteration would you want strapping on the utility belt?

MIKE DOJC
scene@metronews.ca

Adam West

In spite of the barrage of Hollywood blockbusters that followed his tenure in the suit, the irreverent hero who saves the day by bam, zap, and ka-powing scores of henchmen remains the definitive Batman in much of the world. The '60s TV series and its companion movie were the height of camp. West delivered his kooky lines with deadpan sincerity, wearing the scripts overt corniness all over his polyester batsleeves and his underwear on the wrong side of his pants. But after West drank a cool glass of milk he could get to the bottom of any pun-ridden plot.

Après Batman Utility: West was offered the part of James Bond in Diamonds Are Forever and turned it down. Nowadays he voices Mayor Adam West, a nutty caricature of himself, on Family Guy.

Batarangs: 9 out of 10

Michael Keaton

When Keaton first got the nod to play Batman in the 1989 Tim Burton directed reboot, fan-boys griped that the star of Mr. Mom and Beetlejuice was an out-of-left-field choice. But Keaton would win over even the most persnickety of the bunch and reprised the role in 1992's Batman Returns. Despite a restrictive rubber bat suit that often made his movements appear stiff and wooden, Keaton clicked on all cylinders as the stoic vigilante plagued by the anguish of his parents' murder.

Après Batman Utility: Keaton's arched eyebrows turned up in a bunch in '90s movies but his output mellowed into the millennium as he started taking on daddy roles in forgettable fare like First Daughter and Post-Grad.

Batarangs: 8 out of 10

Val Kilmer

Kilmer had his hands full in 1995's Batman Forever. He was tasked with grooming an acrobatic sidekick and wooing a sexy psychologist all while squaring off against a pair of fiendishly insidious maniacs from his rogues gallery in Riddler and Two-Face. Kilmer was an assured and appealing Batman and gets top marks for looking a lot more like the comic book depiction of Bruce Wayne as a gallivanting playboy than his predecessors. Meanwhile, Kilmer's reportedly batty behaviour between takes had him at loggerheads with director Joel Schumacher. "Val is the most psychologically troubled human being I've ever worked with," he told Premiere magazine.

Après Batman Utility: While his 1990s heyday is well in the rearview, the now chubbier Julliard-schooled thespian continues to work steadily.

Batarangs: 7 out of 10

George Clooney

Clooney had the misfortune of starring in the nadir of Batman flicks and having the most anatomical suit complete with nipples. A critical and commercial flop, Batman & Robin meanders for 125 merciless minutes of canned dialogue, hokey one-liners, and senseless subplot overload. Clooney didn't do the movie any favours. He failed to capture the spirit of the character and comes across as way too dull and well adjusted to be believable as a modern version of the World's Greatest Detective. Compared with the previous two Batman incarnations, he is Papa Smurf in a cape with some kung-fu moves.

Après Batman Utility: Clooney was still doing ER when he shot Batman's biggest clunker. Despite his tarnishing of the bat-cowl, his Hollywood heavyweight years were still ahead of him.

Batarangs: 3 out of 10

Christian Bale

The first time Bale pulled on the Batman costume he freaked out. "The claustrophobia was just unbelievable," said Bale at a recent press conference for The Dark Knight Rises. "I stood there and I thought, 'I can't breathe. I can't think. This is too tight, this is squeezing my head. I'm about to have a nervous breakdown." Once he got his bearings Bale plumbed the darkest and most tortured corners of the D.C. character's psyche for inspiration. Unfortunately his thorough probe also produced his ridiculous snarl. Bale makes Batman sound like a guy in the witness protection program being interviewed on Dateline. He should try a duet with Tom Waits with that gravelly tone.

Après Batman Utility: While Christopher Nolan's Batman trilogy has kept Bale busy, he's also managed to work his magic in The Prestige and take home a best supporting actor Oscar for his turn in The Fighter.

Batarangs: 7.5 out of 10

Box office

Ice Age freezes out competition

With Batman lurking, the prehistoric critters of Ice Age: Continental Drift ran off with the box office, with the movie earning $46 million in its opening weekend. The 20th Century Fox animated film is the fourth in the decade-long Ice Age series and the first in 3-D. The studio's box office estimate Sunday for the North America performance of Continental Drift was on par with previous Ice Age movies but well below the opening weekend of the second installment, The Meltdown, which opened with $68 million. In its second week of release, The Amazing Spider-Man, Sony's reboot of the web-slinging superhero, earned $35 million, pushing it just past a total of $200 million domestically. The much-anticipated Batman sequel The Dark Knight Rises opens Friday.

THE ASSOCIATED PRESS

On the web

French far-right party to sue Madonna for video showing its leader with swastika

comwave
Long Distance

Lowest rates GUARANTEED!

No matter where you call and what rate you pay, we'll beat it!!

1 Cent to India **1¢ /Minute**

1000 MINUTE BUNDLE ONLY $10/MONTH

Unlimited Canada **$5 /Month**

UNLIMITED CALLING TO ANYWHERE IN CANADA

Australia 1.9 ¢/min	Bangladesh 3.9 ¢/min	Bosnia 13.9 ¢/min	China 1.9 ¢/min	Colombia 3.9 ¢/min	Cuba 89.9 ¢/min	El Salvador 9.9 ¢/min	Germany 1.9 ¢/min
Iran 5.9 ¢/min	Israel 1.9 ¢/min	Italy 1.9 ¢/min	Sri Lanka 9.9 ¢/min	Lebanon 7.9 ¢/min	Mexico 1.9 ¢/min	Pakistan 5.9 ¢/min	Philippines 11.9 ¢/min
Poland 1.9 ¢/min	Romania 1.9 ¢/min	Russia 1.9 ¢/min	Trinidad 4.9 ¢/min	U.A.E 14.9 ¢/min	Ukraine 7.9 ¢/min	U.K 2.9 ¢/min	Vietnam 4.9 ¢/min

Every Month

30 Minutes FREE

Long distance to Canada and USA

1-866-770-8085

CONSUMER CHOICE AWARD 2012 BUSINESS EXCELLENCE

Ranked #1
Home Phone Service
Consumer Choice Award

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Bundled minute plans cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Excess minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.ca for details.

comwave®
Home Phone

Home Phone
All Features FREE

- Satisfaction guaranteed
- Keep your phone number

Unlimited LOCAL

- **Unlimited local calling** • 14 free features

$14.95 /Month

Unlimited CANADA

- Unlimited local calling • 14 free features
- **Unlimited CANADA calling**

$19.95 /Month

Unlimited GLOBAL

- Unlimited local calling • 14 free features
- **Unlimited calling to almost 60 countries**

$29.95 /Month

Limited Time Offer

6 Months FREE

Your Satisfaction is Guaranteed or You Pay Nothing!

1-866-770-8085

CONSUMER CHOICE AWARD 2012 BUSINESS EXCELLENCE

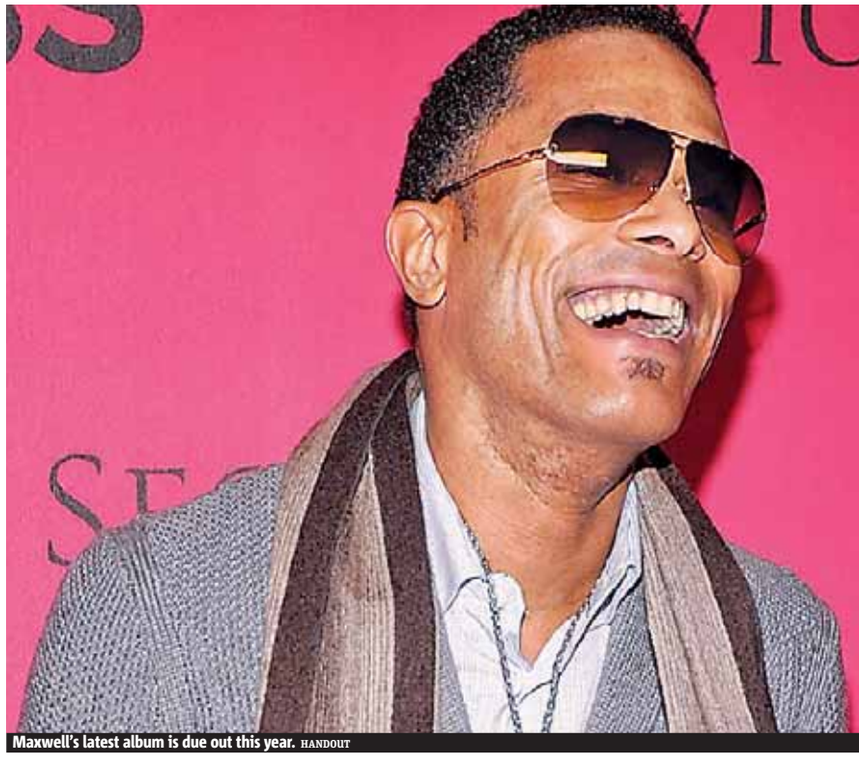
Ranked #1
Home Phone Service
Consumer Choice Award

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. All Unlimited Plans do not include calls to the Yukon, Nunavut N.W.T., Alaska and Hawaii. The 6 Month Free Promotion is based on a 1YR term and includes a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 3 months free for a total of 6 months free. Comwave's residential plans and features are to be used for residential, non-commercial use. A combination of factors is used to determine abnormal use. Unlimited usage is subject to our reasonable usage policy and terms of service. Terms and conditions apply, see www.comwave.ca for details.

MAXWELL

R&B crooner dishes on dance music's domination, D'Angelo's comeback and his upcoming album blackSUMMERS'night

'I GOT TO TELL YOU, MAN, DEFINITELY IT MOVES'



Maxwell's latest album is due out this year. HANDOUT

Maxwell may have cancelled his six-date, three-city U.S. tour because of vocal hemorrhaging and swelling, but he's still hard at work on his upcoming album.

The soul crooner says blackSUMMERS'night, due out this year, will be more upbeat compared to his previous efforts. But don't expect to fist pump to his new sound. He also said the follow-up to 2009's Grammy-winning BLACKsummers'night will take on a gospel sound.

In a recent interview, the 39-year-old talks about his new music, D'Angelo's comeback and dance music's domination on U.S. radio.

How's the new album coming along?

It's my daily chore, let me tell you ... And I've got these other things that I'm doing with friends, other people's projects as far as production, possibly guesting, those things come in and out ... I like it though.

I got to tell you, man, definitely it moves, it's not like I abandoned everything and I'm going to colour my hair purple and do the punk thing. No. But it definitely kind of moves somewhere else past the BLACKsummers'night super-soul perspective music, the way that that record was, we have a soul thing and we have a gospel thing on the new album, but we're definitely much more futuristic without the Auto-Tune.

Is it a little more dance-y?

Yeah. It definitely gets you up in ways you wouldn't expect, you know. We have this song called Of All Kind and it's kind of slow, but it boogies.

And then we have up-tempos. I always want to make it right and I'll be honest with you, when I came off the tour (in 2010) I really wanted to get back in (the studio) again, but I just wanted to take a break and just have a little bit of fun.

So you charge up your batteries and you have something to talk about because you went out, was talking to some girl about whatever, you have things to experience. Then I got a chance to not change the album, but take it up a notch and give it that 2012 thing.

Dance music has taken over U.S. radio. Are you a fan?

I like some of that music; I can't say I would go full-blown like that in terms of me doing that kind of music. I just think people want to pick up the pace a little bit ...

Sometimes I'm listening to Hot 97 and you'll hear a Rihanna song that's seriously really a house record. Let's just keep it real. That's just a house record; it should be at the club. It should not be coming after Young Jeezy. But it does now. I think it's cool. I think it keeps it new.

I'd be bored if radio just was stuck to one format, but will I go and make "house" records on my album? No. I probably would have a remix because I have no problem with that and I do like house on some level, but it's just not what I do.

But I think some guys do it well. I think Chris Brown does it well ... More like pop artists, they're more into hits. I'm not hit-driven. I get a lot of songs that people call me about being on or being involved in, and then I hear them later and they're like smash hits and I'm like, "Oh, I could have had that as a hit."

But I'm not so concerned because I'm not really trying to carve out this whole hit-monster energy. I want to be the thing you go to after you had all of that and had enough of all of that. That's my market. That's my little lane right there.

D'Angelo is having a similar comeback like you did in 2009. How does it feel to see his return?

I'm a fan. I couldn't not respect what he does. We're one year apart in age and we came up around the same time. It's great, great, great news to hear that. It really is.

THE ASSOCIATED PRESS

SIGN UP BY
GET 50%
OR SUPERC
& GET A FR
Three sensational services.
digital plus tv
Get up to 250 channels including up to 50 HD channels.
express internet
Get up to 18 Mbps download speed and 80 GB of monthly data usage.2
essentials home phone
Switching is easy. You can keep your phones, jacks and phone number.
SPORTS FAVOURITE breathtaking LIVE ANYPLACE CONVENIENT action ENTERTAIN NEW RELEASE MOVIES internet MOVIES STUNNING EXCITING

Offers available for a limited time within Rogers cable service area in Ontario only and subject to change without notice to: (a) new Rogers cable customers; and (b) existing Rogers cable customers not currently on a term contract for cable services. Two-year term required. E TV portion includes monthly Digital Service Fee of $2.99 and, where applicable, CRTC Local Programming Improvement Fund Fee (LPIF) of 1.5% of the recurring TV monthly service fee. 2 Speeds may vary with internet traffic, server gateway/router, computer (quality, location apply on a monthly basis and vary by tier of service. Charges may apply for additional use beyond the monthly usage allowance associated with your tier of service. For details, visit rogers.com/keepingpace. 3 May be refurbished and model may vary from that shown. ©2012

From sci-fi captain to crime solver

ROMINA MCGUINNESS
scene@metronews.ca

Nathan Fillion's life changed the day he was cast as Captain Malcolm Reynolds in the cult space-western series Firefly, written and directed by Joss Whedon (The Avengers).

Today, Fillion, star of the TV series Castle, would like to thank Whedon ... for everything.

"Firefly was the most favourite job I ever had, I truly loved it. It was every dream come true. It changed me as a person; how I work and the kind of work I do. I feel stupid considering how emotional I get about it."

But when the show was prematurely cancelled, Fillion wasn't ready for it.

"I didn't see it coming. I'd fallen in love with it so it was like being broken up with the best girlfriend you've ever had. I was depressed and the only comfort I found was in chocolate ice cream. I put on 20 pounds and it wasn't pretty."

Thankfully, just two years later Fillion was offered the lead in Serenity, a film based on Firefly. Yet another dream was coming true. "I find it very difficult wishing for more because I got everything I wanted. I got the lead in a film and I was getting Firefly back in the biggest possible way."

Quoted

"I find it very difficult wishing for more because I got everything I wanted."

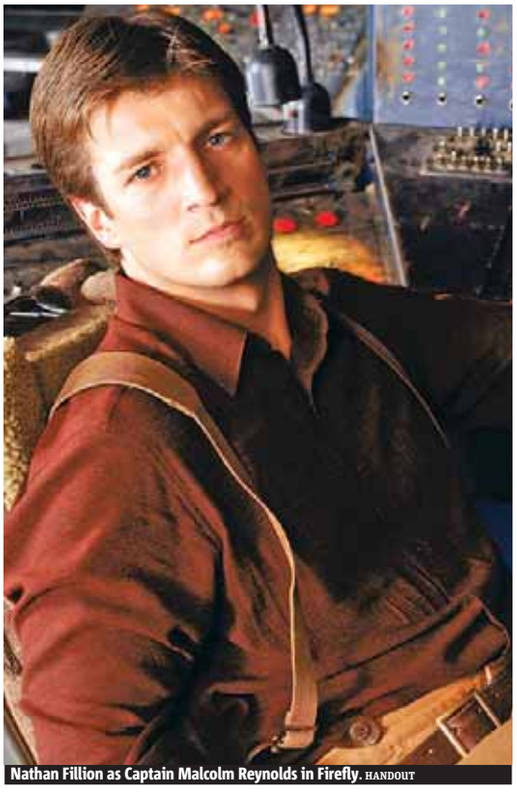
Castle star Nathan Fillion

Whatever Whedon asks for, Fillion does. "I have a rule: every time Joss calls me to say, 'Let's do this project,' I'll do it.

"He's done more for me single-handedly than anyone else. I've had more success with Castle than I dared to dream of and I wouldn't have had it had it not been for Joss, because no one would hire me for a lead role. No one would give me a chance to prove myself. But Joss was that guy."

Following the box office success of Whedon's latest venture, The Avengers, can we expect a Captain Reynolds comeback?

"Joss changed my life, so I could never look at him and say 'more.' The most important thing is that people now know how clever he is. I find it very vindicating that everyone, not just his fans, knows this."



Nathan Fillion as Captain Malcolm Reynolds in Firefly. HANDOUT

But let's shift our focus over to Fillion's current role in ABC's comedy series Castle, where he plays Richard Castle, a mystery novelist helping the NYPD solve unusual crimes.

So has he managed to pick up any good detective skills from the show? Apparently not. "Me, Nathan Fillion, solving crimes? I'm not very bright so no, a lot of murderers would get away."

Fillion plays Richard Castle in ABC'S Castle, which airs on CTV. HANDOUT

Y AUG. 6 &
OFF TMN
HANNEL FOR 6 MONTHS
EE HDPVR[3]

NOW FOR ONE UNBELIEVABLE PRICE.

$82.69/MO[1]

for 6 months with a 2-yr. term.
All monthly fees and
modem rental included.

SWITCH TODAY CALL 1 855 254-4905 CLICK rogers.com/saveabundle
VISIT Your local Rogers retail store

EDOM HD CABLE RE EXCITING MOVIES FREEDOM NEW SPORTS ENTERTAIN PLAY WATCH FUTURE MOVIES cable EASY STUNNING MOVIES
V RELEASE EASY FUTURE EXCITING MOVIES FREEDOM NEW breathtaking LIVE PLAY WATCH FUTURE MOVIES cable EASY
ENIENT FAVOURITE FUTURE EXCITING HD ANYPLACE CONVENIENT FAVOURITE EXCITING

Creating World-Leading Internet Experiences.

ROGERS™

Early cancellation fees apply. Taxes extra. **1** Regular monthly rates for each service will apply after six-month promotional period for remainder of term. Regular monthly rates subject to change. A one-time installation charge of $49.99 and activation fee of $49.99 also apply. in the home, software and applications installed), home wiring, home network or other factors. Also see the Acceptable Use Policy at rogers.com/terms. Modem set-up: the system is configured to maximum modem capabilities within Rogers own network. Usage allowances Rogers Communications.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Zombie apocalypse even more doomed

MONICA WEYMOUTH
scene@metronews.ca

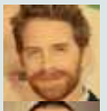
Even for a zombie film, things are getting messy on the set of World War Z. After rewrites, the price tag is inching towards $170 million, and the studio still isn't happy with the ending, according to Vulture.

It's so tense that Brad Pitt — who stars as a UN employee tasked with interviewing survivors after a worldwide zombie attack — is rumoured to no longer be on speaking terms with director Marc Forster, who may be replaced for upcoming reshoots.

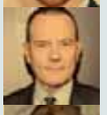
"They have to be careful, because the (Directors Guild of America) has strict rules that say Forster has to be there on the set," a source a source tells the site. "But someone is likely to be brought in to help direct the new action scenes."

The highly anticipated horror film, of course, has a history of trouble. Producers passed on shooting in Philadelphia — where the story is set, for obvious reasons, but the zombies are unionized — and instead set up shop in Glasgow, which has a pesky sense of hope in the air.

Twitter

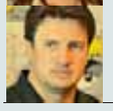


@SethGreen
Besides being the undisputed king of con, Joss Whedon can really tear up the dance floor.



@BryanCranston
4500 screaming BB fans @Comic Con panel. WOW! The whole cast was blown away by the love. Thank you all for a great nite

@AnnaKendrick47
Just helped a girl in the ladies room with a zombie makeup emergency. Oh Comic Con.... I love it here



@NathanFillion
Sat in two generations of Batmobiles with Spartacus today. I have truly lived.

Charlie Sheen

Charlie has left the Twittersphere

After using the social media site to keep his career going after getting fired from Two and a Half Men, Charlie Sheen has quit Twitter.

The account boasted 7.7 million followers and had also been a useful tool for promoting his new sitcom, Anger Management, but apparently Sheen has other plans.

"Thank you all for your amazing support," Charlie tells TMZ. "Trust me when I say please 'follow' me to my next endeavor. It's gonna be epic."

Proving to be a man of his word, his Twitter account has been deleted, with just an error message reading, "Sorry, that page doesn't exist" remaining.

OUR PROVINCE OUR FUTURE
Cleaner Ontario
saveONenergy℠
"I've already started using CFL lightbulbs. I'm ready to do more."
Now you can with saveONenergy. By using power bars with integrated timers or auto-shutoff, you can reduce phantom power, which can account for up to 20% of your electricity use†!
saveonenergy.ca/more
Subject to additional terms and conditions found at saveonenergy.ca.
†Annual electricity savings are estimated. Actual savings may vary. Funded by the Ontario Power Authority.
A mark of the Province of Ontario protected under Canadian trade-mark law. Used under licence.
℠Official Marks of the Ontario Power Authority.
ONTARIO POWER AUTHORITY

Hope Solo. ALL PHOTOS GETTY IMAGES

What really goes on in the Olympic Village

The world's best athletes engage in a very adult form of exercise in the Olympic Village, if U.S. gold medallist Hope Solo is to be believed.

"There's a lot of sex going on," she tells ESPN. "With a once-in-a-lifetime experience, you want to build memories, whether it's sexual, partying or on the field. I've seen people having sex right out in the open. On the grass, between buildings, people are getting down and dirty."

And according to the incredibly forthcoming soccer player, shenanigans at the Beijing Olympics in 2008 weren't just between athletes and other athletes.

"I may have snuck a celebrity back to my room without anybody knowing, and snuck him back out," Solo teases. "But that's my Olympic secret."

And late nights are apparently the norm — or at least they were during in Beijing.

"When we were done partying, we got out of our nice dresses, got back into our stadium coats and, at 7 a.m. with no sleep, went on the Today show drunk," Solo says. "Needless to say, we looked like hell."

Stallone's son found dead

Sylvester Stallone's 36-year-old son, Sage Moonblood Stallone, was found dead in his Los Angeles apartment Friday, with a suspected overdose of prescription medication the cause, according to People magazine.

There were no signs of foul play or forced entry, police officials say, and Sage's body had reportedly been in the apartment undisturbed for three days.

"Sylvester Stallone is devastated and grief-stricken over the sudden loss of his son Sage Stallone," a rep for the actor said in a statement. "His compassion and thoughts are with Sage's mother, Sasha. Sage was a very talented and wonderful young man, his loss will be felt forever."

Catholic school in the cards for Suri

Now that she's under Katie Holmes' watch, six-year-old Suri Cruise will be attending an all-girls Catholic school in Manhattan this fall, reports the L.A. Times. Suri, who was previously home-schooled, was rumoured to be staring down a Scientology-flavoured education before Holmes filed for divorce from Tom Cruise. Thankfully, she'll be safe from the clutches of Xenu at Convent of the Sacred Heart.

They had an abortion pact

Genetics. If you knew your child would have a genetic disorder, would you abort?

KOA BECK
mommyish.com

With whole genome genetic testing, some women say they would abort a baby with a disability. THINKSTOCK

When Rachel and her husband learned that they were pregnant, they began to weigh the possibility of having a child with a severe genetic disorder.

Conceiving at the "advanced maternal age" of 35 years old, Rachel was aware that both she and her husband, aged 40, were at a higher risk for having a child with down syndrome, among other conditions.

They decided that should their fetus test positive for a severe genetic disorder, they would choose abortion.

In retrospect, the now mother to a healthy baby boy says that she and her husband mainly considered quality of a life and what the baby would ultimately prefer.

"We had to ask ourselves what we would want if we were the fetus. Life is challenging enough when you have all of your physical and emotional capacities in check," she says.

A controversial form of testing

Emotionally, both pro-choice parents worried they could not be a sturdy support system to a struggling child. The fear of failing a suffering kid caused both Rachel and her husband multiple panic attacks as they readied their life for a new addition.

Financial components also had husband and wife realizing that they couldn't afford treatment for severe disabilities. At the time they found themselves pregnant, Rachel had started a new business and her husband was a teacher.

Rachel's pact with her husband mirrors concerns some doctors have about the availability of noninvasive genetic testing. Between daddy's saliva and mommy's blood, scientists can now access a baby's entire genome with a peek into mutations that cause autism.

Other developing blood tests can determine a baby's likelihood to be born with down syndrome following just a few weeks after conception. And understandably, doctors are concerned for what ethical territory some parents are willing to foray into.

Dr. Arthur Caplan told ABC News that parents obtaining accurate genetic information about their unborn "will be among the most controversial forms of testing ever to appear in medicine as the debate over abortion and disabilities shift to whole genome genetic testing."

Marcy Darnovsky, associate executive director of the Center for Genetics and Society, told The New York Times the accessibility of tests will cause "who deserves to be born" dialogues between parents and doctors.

"It is a very personal choice"

Nevertheless, Rachel is contemplating expanding her family once again with the same approach in mind. This time both she and her husband will be even older. "If we did, or do in the future, have another child and they are born with a disability, we would raise them to the best of our ability and give them all the love we have to give. However, given the choice, we would allow a healthier spirit to come into the world at another time.

"It is a very personal choice and never an easy one," she adds. "There is nothing easy for women, pro-choice or not, about terminating a pregnancy. There will inevitably be an emotional hurdle to go over."

I'm a mom and a smoker, OK?

RECEBBA ECKLER
mommyish.com

Like a lot of mothers, actress Hilary Duff — who was recently caught holding a cigarette — probably smokes. Duff was trending on Twitter last week because the new mom was holding a butt. People, it seems, are mad at her because not only was she caught with a butt but she's a new mother, which somehow makes it worse.

Duff apologized and insisted she was holding the cigarette for a friend. "It looks worse than it is," she said. Honey, it's OK. Just say you're trying to quit.

I know this feeling because I, too, am a part-time smoker. I am not proud of this. Starting to smoke was the worst thing I have ever done, especially since I started smoking in my 20s, which is way past the time anyone with half a brain should start to smoke.

I have a group of friends — all mommies — who know I smoke, because they smoke, too. Sometimes, I feel like my house is a day care for smoking mommies. But, like Hilary Duff, no mother I know wants anyone to know she smokes.

The problem with mommy smokers is that while it only takes a few minutes to have a cigarette, it takes twice as long for the after cigarette process.

This includes watching friends wash their hands and faces manically, Purell their hands, spray themselves with body spray, suck back mints or pop in a piece of gum and take off their "smoking" sweater, which they put on to cover their clothes before they light up. They also always tie their hair back.

The point is all mothers already know that smoking is disgusting.

Not that I'm judging Duff. I think she needs to hide her habit a bit better. I'm suggesting she does what the rest of my mommy smoker friends do, which is stop by my place and use my backyard or go into an alleyway.

Because after all, Hilary Duff, you're a new mother.

I'll huff and I'll puff. THINKSTOCK

3 LIFE

Body image

Teen Vogue snubs protestors

Two girl crusaders who staged a mock red carpet show against Teen Vogue said their meeting with the magazine's top editor was brief and chilly.

The two met with editor-in-chief Amy Astley for less than five minutes last week, when they delivered a petition bearing more than 28,000 signatures after their Times Square protest near the offices of the magazine. Astley did not talk to Emma Stydahar, 17, or Carina Cruz, 16, about their request for Teen Vogue to declare in its pages that it doesn't digitally manipulate images. Instead, the girls were given copies of Teen Vogue and told to use them to learn more about the magazine.

"It was kind of shocking how rude they were to us," Carina said in a statement released by their all-girl activist group, SPARK Movement.

The magazine released its own statement. "We are always open to readers' feedback and were receptive to meeting with Emma and Carina to give them an opportunity to discuss their concerns," it said a day after saying it makes a "conscious and continuous effort to promote a positive body image among our readers."

THE ASSOCIATED PRESS

On the Web

Good-natured dogs from NYC and Virginia get married at $158,000 extravaganza for charity

First meal of the day at camp just got more exciting

For some campfire infused fare try earthy Fried Eggs with a Medley of Sweet Peppers. While your package of peppers steams on the grill, fry a couple of eggs in a cast-iron skillet over the fire — your eggs will have never tasted better.

This recipe serves six. EGG FARMERS OF ONTARIO

Ingredients

Peppers
- 1 each red, yellow, orange and green sweet pepper, seeded and thinly sliced
- 1 large red onion, thinly sliced
- 4 cloves garlic, thinly sliced
- 4 sprigs of dried rosemary
- 3 tbsp (45 ml) extra-virgin olive oil
- ½ lemon, juiced
- ½ tsp (2 ml) salt and pepper

Eggs
- 2 tbsp (25 ml) butter
- 6 eggs
- Salt and pepper

1. In bowl, toss peppers, red onion, garlic, rosemary, olive oil, lemon juice, salt and pepper until combined.

2. Divide mix between 2 sheets of heavy duty aluminum foil. Roll to form package. Wrap each again securely in another sheet of foil to double wrap.

3. Place packages on greased grill over hot coals of campfire and cook, turning once, until peppers are tender, 12 mins.

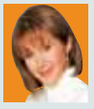
4. Meanwhile, melt butter in large cast-iron skillet. Crack 3 eggs into skillet and sprinkle with salt and pepper.

5. Let eggs cook until whites begin to turn opaque, 3 mins. If you wish, turn eggs over and continue cooking, just until yolk begins to set, about 1 min. Repeat with remaining eggs.

6. To serve, divide pepper mixture on plates and place an egg on top of each serving of peppers. **EGG FARMERS OF ONTARIO**

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com

Breakfast on the run? Tim Hortons has plenty of choices. However, not all breakfast items are created equally nutritious.

Tim Hortons 12-grain bagel with cream cheese

474 calories/ 23 gm fat
Twelve-grain sounds incredibly nutritious, but the weight of the bagel alone and high fat cream cheese are the culprints here.

Equivalent

One 12-grain bagel with cream cheese from Tim Hortons is equal to 15 Blue Menu granola bars in calories. You're better off getting your fibre elsewhere!

Tim Hortons Breakfast Sandwich with Egg and Cheese

280 calories/ 11 gm fat
The English muffin is a better choice in terms of fat and calories.

Whole-Grain Apple & Ham Breakfast Casserole

Assembled entirely the night before, this warm and satisfying breakfast casserole has all the makings of a great start to the day — whole-grains, lean protein, even some fruit.

All you have to do in the morning is turn on the oven and pop the casserole in for a few minutes.

Ingredients

- 4 oz deli-sliced ham, chopped
- 3 apples, peeled, cored and diced
- 6 slices whole-grain bread, cubed
- 1/2 cup low-fat shredded cheddar cheese
- 8 egg whites
- 3/4 cup fat-free half-and-half
- 1/4 cup grated Parmesan

1. The night before, in a medium casserole dish toss together the ham, apples, bread cubes and cheese. Set aside.

2. In a medium bowl, beat together the egg whites and fat-free half-and-half. Pour the egg mixture over the bread and meat. Use a fork to gently press the bread to help it absorb the liquid. Sprinkle the Parmesan cheese over the casserole. Cover the dish with foil and refrigerate until morning.

3. When ready to bake, heat the oven to 375 F. Bake the casserole, covered, for 20 minutes, then uncover and bake for another 10 to 15 minutes, or until puffed and golden brown. **THE ASSOCIATED PRESS**

Breakfast Flatbread: Right way to start your woodsy adventure

With a bit of planning and organization you can eat delicious, hearty meals, even in the woods!

These breakfast flatbreads are made using store-bought pizza dough and are simply cooked on a grill over a fire.

This recipe serves five. EGGS FARMERS OF ONTARIO

Ingredients

- 1 lb (500 g) store-bought whole wheat pizza dough
- ½ cup (125 ml) extra-virgin olive oil
- 3 cloves garlic, crushed
- 1 pkg (200g each) fresh mozzarella, thinly sliced
- 2 cups (500 ml) baby spinach leaves
- 4 large ripe tomatoes, thinly sliced
- 5 eggs
- Salt and pepper

1. In saucepan, heat oil and garlic over medium heat, about 4 minutes. Let sit 10 minutes. Strain, let cool. Discard garlic

2. On floured surface, divide dough into 5 equal portions. (You can use cutting board, when camping).

3. Shape each portion of dough into approximately ½ -inch (1.5 cm) thick rustic 7-inch (18 cm) disks. Put disks on a lightly oiled rimmed baking sheet. Dust top with flour and, top with sheet of oiled parchment paper.

4. Slide dough rounds, on outdoor grill and cook over the fire. Cook each disk, one at a time, cook about 30 seconds or until grill marks appear on bottom of rounds, turn and grill on other side, about 1 minute. Transfer to clean work surface.

5. Brush each flatbread with garlic and oil. Top with mozzarella slices, spinach and tomatoes. Break 1 egg into center of each flatbread.

6. Season flatbread with salt and pepper. Cover grill with greased foil paper and slide flatbread back onto greased aluminum foil on grill and cook tented with tinfoil until cheese is melted and egg is set, about 8 minutes. Remove from heat and let stand for 2 minutes before cutting. Continue process until all Breakfast Flatbreads are finished. **EGG FARMERS OF ONTARIO**

Administering the 'aha!' moment: Transforming the way we teach

Transformative learning. Educators and counselors come together to bring a well-known classroom concept into modernity

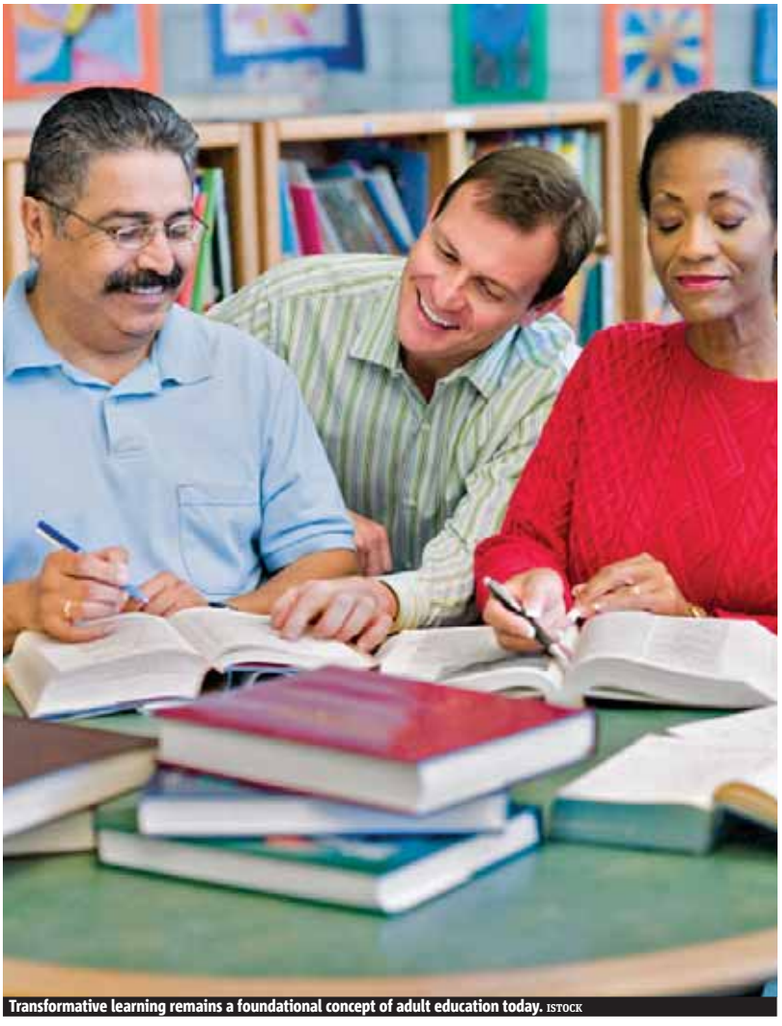
BRUCE WALSH
Metro World News in Philadelphia

The term 'transformative learning' has been buzzing around higher education since the early '80s, when Teachers College of Columbia professor Jack Mezirow founded his influential theory.

Put very simply, transformative learning is an 'aha!' moment.

For Mezirow, this crucial life transition usually occurs through spiritual crises, when a student's preconceived beliefs are fundamentally challenged through an educational experience.

Mezirow based his research on adult women returning to college.


Transformative learning remains a foundational concept of adult education today. ISTOCK

But over the last 30 years, the theory has been increasingly applied to psychological counseling situations.

This month, Information Age Publishing will release what is, perhaps, the first attempt to integrate both counselor and teacher perspectives in one book: Pathways to Transformation: Learning in Relationship.

"The idea of transformative learning brings up lots of difficult questions for professors: How do you structure a learning experience that might make a student uncomfortable but not alienate that student?" says Carrie J. Boden-McGill, who, with Sola M. Kippers, edited the new book.

"Counselors have a lot of experience in negotiating that very situation, so we wanted to foster that conversation."

With contributions from over 20 leading counselors and educators, Pathways is an attempt to shift the transformative conversation toward a more holistic, campus-wide approach.

"For us, it's about interconnectedness: the way a student interacts with the literature, professors, life experiences, virtual worlds," says Boden-McGill. "That's why 'relationship' is in the title. How do we have the kinds of relationships with students that create possibilities for transformation?"

Balancing act

"The idea of transformative learning brings up lots of difficult questions for professors: How do you structure a learning experience that might make a student uncomfortable but not alienate that student?"

Carrie J. Boden-McGill
Co-editor of Pathways to Transformation

Become a Health Industry Professional!
Health Office Administrator - 41 Week Diploma Program
The Willis College Health Office Administrator Diploma Program is an intensive 9-month program designed to prepare students for a career in Health Care. Graduates of the Willis College Health Office Administrator program can work in hospitals, medical offices, rehabilitation centres, long-term care facilities and work-from-home opportunities.
613-233-1128 • www.williscollege.com
Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie
WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY
EST. 1896

Career Training
CAREER TRAINING WORTH MANY SMILES!
DENTAL OFFICE AND CHAIRSIDE ASSISTANT
Call Now for More Information!
1-866-769-6041
www.EverestCanHelp.ca
Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE
OTTAWA EAST • OTTAWA WEST
16 Convenient Locations in Ontario
Providing Quality Education in Ontario for More Than 40 Years
Financial assistance may be available for those who qualify. Career services assistance available to graduates. Morning and afternoon classes available. Programs and schedules vary by campus.

‘Sometimes we need a little help and inspiration’

Girl Power. Meredith Shaw is helping females find their own voice

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Meredith Shaw. PROVIDED

“It’s awesome when you get what you want to do most in life.”

For Meredith Shaw that’s making music. The singer-songwriter has been performing most of her life and got her big break when Gordie Johnson of reggae-rock band Big Sugar took her under his wing. Johnson produced her CD Place Called Happy and invited her to tour with his band.

“Between touring with Big Sugar, doing my solo shows, hosting my radio show (with Toronto’s Boom 97.3) and muffymade (her greeting card company) it’s been incredible. I’m so grateful.”

Meredith’s single, Girls Who Believe is a hit and now she’s reaching out to inspire other young girls to go after their dreams. She’s launched a Canada-wide contest for girls to appear in her next video.

“Whatever they want to go after in life I want to show them they can. For me it’s music, for them it could be being a dentist, owning a business or being a mom. Sometimes we need a little help and inspiration.”

Calling all girls who believe. Send Meredith your video! “I want to celebrate and do it together.”

Dream it, be it

Are you a girl who believes?

- Upload a video (three minutes max) to YouTube telling Meredith why you are a girl who believes.
- Send the link to girlswhobelieve@gmail.com
- Videos due by Aug, 13 at 12 a.m.
- Winner will receive a cameo in the Girls Who Believe music video; a piece of Believe bling by Rock and Reverie and a $250 donation in her name to charity Girls Inc.
- Contest open to girls between 11-17 years of age.

OLG

Everyday Possibilities.

Are you a team player with a can-do attitude? Do you have a sincere smile and a sparkling personality? OLG Slots at Rideau Carleton is seeking friendly and flexible individuals for the following part-time position:

Housekeepers

Join us in making life better for the people of Ontario.

Our promise to you:

- starting salary at $13.64/hr
- career growth and development
- free employee parking
- uniforms provided
- great pension and part-time benefits offered
- educational reimbursement program
- exciting opportunities for advancement
- discounted employee meals

We offer an environment built on accountability, integrity, and respect.

For details on these and other career possibilities, please visit our website.

Interested candidates should send an updated resume and professional references to **rideauresume@olg.ca.**

Pour obtenir des reseignements en français, veuillez composer le 416.224.1772.

An Equal Opportunity Employer

www.OLG.ca

CONSIDER A CAREER AS A PARALEGAL

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam,you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and “hands-on”training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society’s licensing exam.

The need for well-trained,competent legal professionals has never been greater. Paralegals may find employment in a wide variety of workplaces, including:

- Government (Federal, Provincial, Municipal)
- Advocacy agencies
- As a Self-Employed Paralegal
- Law and Paralegal Firms
- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
- Large Corporations

PART-TIME EVENING CLASSES NOW AVAILABLE

You can complete this program in less than one year by attending school full time, Monday to Friday.

This program can be completed part time through evening and weekend classes.

ALGONQUIN CAREERS ACADEMY

1830 Bank Street 613-722-7811 www.algonquinacademy.com

NFL

Brees signs historic 5-year, $100M contract

Drew Brees has passed his physical and signed his historic $100-million US, five-year contract with the New Orleans Saints.

The star quarterback agreed verbally to the deal Friday. He visited team headquarters Sunday to put pen to paper on a contract that gives him the highest average annual pay in NFL history.

THE ASSOCIATED PRESS

Drew Brees signs his new contract Sunday in Metairie, La. NEW ORLEANS SAINTS/THE ASSOCIATED PRESS

MLB

Roy Halladay set to return to the Phillies rotation

Phillies ace Roy Halladay is scheduled to be activated from the 15-day disabled list Tuesday and start the game that night against the Los Angeles Dodgers.

The right-hander has been sidelined by a strained right lat muscle since May 28. Team officials announced the plans Sunday.

Halladay is 4-5 with a 3.98 ERA in 11 starts this season. He left his May 27 start against St. Louis early because of shoulder soreness. A subsequent MRI revealed the muscle strain in the back of his right shoulder.

THE ASSOCIATED PRESS

Pitcher Carlos Villanueva, left, confers with J.P. Arencibia Sunday at Rogers Centre in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

Villanueva digs deep to deliver win for Jays

MLB. Toronto starter gets career-high eight strikeouts vs. Indians

Carlos Villanueva was out of gas and almost out of time, so what's a tired pitcher to do with his last offering of a game?

Throw something no one's really expecting and hope for the best.

Villanueva, giving the Blue Jays the outing that they needed, fanned Cleveland's Casey Kotchman with two out and two on to end the sixth inning at the Rogers Centre on Sunday, the key out to quell the final uprising as Toronto blanked the Indians 3-0 before an announced crowd of 26,407.

Sunday's game

Blue Jays	Indians
3	0

And the big out came in part by blind luck.

"Sometimes there's nothing better than a good old backup slider. I think it surprised everybody, me, him, J.P. (Arencibia behind the plate), everybody," Villanueva said after he set a career high with eight strikeouts to run his record to 4-0.

"That's why he swung through it, it was such a bad pitch.... Didn't know where it was going to go and he swung through it. I don't really care how it happens, it got the last out."

Villanueva gave the Blue Jays six innings before Jason Frasor worked the seventh.

The 28-year-old Villanueva gave up only three hits, never more than one in an inning, and pitched himself out of a couple of ticklish situations.

The Jays gave Villanueva a bit of a cushion with a three-run third inning, helped by a bout of wildness from Indians starter Derek Lowe.

Kelly Johnson singled, stole second and went to third when the throw from Cleveland catcher Carlos Santana sailed into centre field to lead off the third.

Johnson scored on an Arencibia single, Arencibia eventually came in on a Colby Rasmus single and after a Jose Bautista single, Lowe walked Edwin Encarnacion and Adam Lind back-to-back to force in the third Blue Jays run. TORSTAR NEWS SERVICE

Santos done for season

The Toronto Blue Jays will need to wait until next season to see if Sergio Santos is the closer they hope he is.

- Santos will undergo season-ending shoulder surgery after he felt discomfort during a throwing session Saturday.
- A timeline for the 29-year-old's return won't be established until after the surgery is completed.

THE CANADIAN PRESS

Sanchez wins Tour stage marred by tacks on road

Luis Leon Sanchez of Spain used his time-trial experience to claim a solo victory in the 14th stage of the Tour de France while Bradley Wiggins retained the yellow jersey as the three-week race entered the Pyrenees on Sunday.

Sanchez was among a group of five riders who broke away on the final ascent of the day, the Mur de Peguere.

He made his decisive move 11 kilometres from the finish. Green jersey holder Peter Sagan of Slovakia finished second, 47 seconds behind Sanchez. Frenchman Sandy Casar was third.

"With Philippe Gilbert and Sagan in the breakaway, I knew that my only chance was to try my luck on my own from far away," said Sanchez, the Spain time-trial champion.

Wiggins retained the race lead as the breakaway riders were lagging well behind in the overall standings.

Wiggins, bidding to become the first British rider to win the Tour, leads Sky teammate Christopher Froome by two minutes, five seconds overall. Vincenzo Nibali of Italy is third, 2:23 off the pace.

THE ASSOCIATED PRESS

Sabotage

Tour de France officials are asking police to investigate the presence of tacks on the route — causing around 30 riders to encounter punctures during the 14th stage.

- Race director Jean-Francois Pescheux said the small metal tacks were spread out over the course of about one kilometre during the climb up the Mur de Peguere about 40 kilometres from the finish.

Spectators push riders, including Joan Horrach of Spain, left, as they climb Mur de Peguere Sunday in France during the 14th stage of the Tour de France. CHRISTOPHE ENA/THE ASSOCIATED PRESS

4 SPORTS

Soccer

Original MLS player achieves all-star status

Ramiro Corrales, the only active player in Major League Soccer who was there when the league started in 1996, is on the all-star team. The San Jose Earthquakes defender was named by commissioner Don Garber to the 18-man squad on Sunday, joining 11 players voted to the team by fans, and Garber's other pick, Philadelphia Union defender Carlos Valdes. The MLS all-stars will play Chelsea on July 25 in Philadelphia.

THE ASSOCIATED PRESS

Mobile sports

With the crowd roaring, Padraig Harrington got so excited after holing the 18th green at Royal Lytham and St. Annes in 1996 that he forgot what he was doing. Scan the code to find out why Harrington and other golfers say the British Open is "like no other major."

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	54	34	.614	—
Baltimore	46	42	.523	8
Tampa Bay	46	43	.517	8½
Boston	45	44	.506	9½
Toronto	45	44	.506	9½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	49	39	.557	—
Detroit	46	43	.517	3½
Cleveland	45	43	.511	4
Kansas City	38	49	.437	10½
Minnesota	36	52	.409	13

WEST DIVISION

	W	L	Pct	GB
Texas	54	35	.607	—
Los Angeles	49	40	.551	5
Oakland	46	43	.517	8
Seattle	37	53	.411	17½

Sunday's results
L.A. Angels 10, N.Y. Yankees 8
Toronto 3, Cleveland 0
Detroit 4, Baltimore 0
Boston 7, Tampa Bay 3
Chicago White Sox 2, Kansas City 1
Oakland 9, Minnesota 4
Texas 4, Seattle 0
Saturday's results
N.Y. Yankees 5, L.A. Angels 3
Toronto 11, Cleveland 9
Baltimore 8, Detroit 6, 13 innings
Tampa Bay 5, Boston 3
Kansas City 6, Chicago White Sox 3
Oakland 9, Minnesota 3
Seattle 7, Texas 0
Monday's Games
L.A. Angels (E.Santana 4-9) at Detroit (Porcello 6-5), 7:05 p.m.
Toronto (H.Alvarez 5-7) at N.Y. Yankees (P.Hughes 9-7), 7:05 p.m.
Chicago White Sox (Axelrod 1-2) at Boston (A.Cook 2-2), 7:10 p.m.
Cleveland (McAllister 3-1) at Tampa Bay (Cobb 4-5), 7:10 p.m.
Baltimore (Tillman 1-0) at Minnesota (Diamond 7-3), 8:10 p.m.
Seattle (Vargas 8-7) at Kansas City (J.Sanchez 1-5), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	51	35	.593	—
Atlanta	49	39	.557	3
New York	46	43	.517	6½
Miami	42	46	.477	10
Philadelphia	39	51	.433	14

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	49	38	.563	—
Pittsburgh	49	39	.557	½
St. Louis	46	42	.523	3½
Milwaukee	42	46	.477	7½
Chicago	36	52	.409	13½
Houston	33	56	.371	17

WEST DIVISION

	W	L	Pct	GB
San Francisco	49	40	.551	—
Los Angeles	48	42	.533	1½
Arizona	42	46	.477	6½
San Diego	36	54	.400	13½
Colorado	34	54	.386	14½

Sunday's results
Washington 4, Miami 0
Atlanta 6, N.Y. Mets 1
Milwaukee 4, Pittsburgh 1
Chicago Cubs 3, Arizona 1
Philadelphia 5, Colorado 1
San Francisco 3, Houston 2
San Diego 7, L.A. Dodgers 2
St. Louis at Cincinnati
Saturday's results
Chicago Cubs 4, Arizona 1
Atlanta 8, N.Y. Mets 7
Cincinnati 3, St. Louis 2, 10 innings
Pittsburgh 6, Milwaukee 4
Miami 2, Washington 1
Philadelphia 8, Colorado 5
San Francisco 3, Houston 2, 12 innings
San Diego 7, L.A. Dodgers 6
Monday's Games
Arizona (Miley 9-5) at Cincinnati (Arroyo 4-5), 7:10 p.m.
Washington (E.Jackson 5-4) at Miami (Zambrano 4-7), 7:10 p.m.
St. Louis (Lynn 11-4) at Milwaukee (Fiers 3-3), 8:10 p.m.
Pittsburgh (Karstens 2-2) at Colorado (Francis 2-2), 8:40 p.m.
Houston (Happ 6-9) at San Diego (K.Wells 1-2), 10:05 p.m.
Philadelphia (Blanton 7-8) at L.A. Dodgers (Eovaldi 1-5), 10:10 p.m.

BLUE JAYS 3, INDIANS 0

Cleveland	ab	r	h	bi	Toronto	ab	r	h	bi
Choo rf	4	0	1	0	Lawrie 3b	4	0	0	0
ACarer ss	4	0	1	0	Rasms cf	4	1	1	1
Kipnis 2b	3	0	0	0	Bautist rf	4	0	2	0
Hafner dh	4	0	0	0	Encrnc 1b	2	0	0	0
CSantn c	3	0	1	0	Lind dh	2	0	0	1
Brantly cf	3	0	2	0	YEscor ss	3	0	0	0
Ktchm 1b	3	0	0	0	KJhnsn 2b	2	1	0	0
Damon lf	3	0	0	0	BFrncs lf	3	0	1	0
Duncan ph	1	0	0	0	RDavis pr-lf	0	0	0	0
Hannhn 3b	2	0	0	0	Arencii c	3	1	1	1
JoLopz ph	1	0	0	0					
Totals	**31**	**0**	**5**	**0**	**Totals**		**27**	**3**	**5**	**3**
Cleveland					**000 000 000**				**0**	
Toronto					**003 000 00x**				**3**	

E—C.Santana (6). DP—Cleveland 1, Toronto 1. LOB—Cleveland 9, Toronto 4. 2B—Brantley 2 (27), Bautista (14), B.Francisco (5). SB—Bautista (5), K.Johnson (10). CS—R.Davis (7).

	IP	H	R	ER	BB	SO
Cleveland						
D.Lowe L,8-7	6	3	3	3	4	5
J.Smith	2	2	0	0	0	2
Toronto						
Villanueva W,4-0	6	3	0	0	5	8
Frasor H,13	1	1	0	0	0	1
Oliver S,1-2	2	1	0	0	0	0

WP—Villanueva.
T—2:42. A—26,407 (49,260).

SATURDAY

BLUE JAYS 11, INDIANS 9

Cleveland	ab	r	h	bi	Toronto	ab	r	h	bi
Choo rf	4	0	1	0	Lawrie 3b	4	1	2	1
ACarer ss	4	1	0	0	Rasms cf	4	1	0	0
Kipnis 2b	4	0	1	0	Bautist rf	3	3	1	0
JoLopz 3b	4	1	1	0	Encrnc 1b	4	2	2	3
Hafner ph	1	0	1	1	Lind dh	5	1	4	4
Hannhn pr-3b	0	0	0	0	YEscor ss	5	1	1	2
CSantn dh	3	2	0	0	KJhnsn 2b	4	1	1	0
Brantly cf	4	2	3	2	RDavis lf	4	0	0	0
Duncan lf	4	2	3	3	Arencii c	4	1	2	1
Ktchm 1b	5	1	1	2					
Marson c	4	0	1	0					
Totals	**37**	**9**	**12**	**8**	**Totals**		**37**	**11**	**13**	**11**
Cleveland					**020 200 050**				**9**	
Toronto					**208 010 00x**				**11**	

DP—Toronto 1. LOB—Cleveland 8, Toronto 8. 2B—Choo (27), Lawrie (17), Bautista (13), Lind (9), K.Johnson (9), Arencibia 2 (13). HR—Brantley (4), Duncan (9), Kotchman (9), Encarnacion 2 (25), Y.Escobar (6). SB—Lawrie (12), K.Johnson 2 (9).

	IP	H	R	ER	BB	SO
Cleveland						
Jimenez L,8-8	2 1-3	7	8	8	4	2
Barnes	1 2-3	3	2	2	2	2
Accardo	2	2	1	1	0	0
Rogers	2	1	0	0	0	1
Toronto						
Laffey W,1-1	5	8	4	4	3	4
Loup	2	0	0	0	0	0
J.Chavez	0	3	4	4	1	0
A.Carpenter H,1	2-3	0	1	1	2	1
Janssen S,13-14	1 1-3	1	0	0	0	0

T—3:15. A—32,517 (49,260).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	19	11	5	3	25	17	36
D.C. United	18	10	5	3	34	22	33
New York	19	9	5	5	34	29	32
Chicago	19	9	6	4	22	21	31
Houston	18	6	5	7	22	24	25
Columbus	17	6	7	4	17	19	22
New England	18	6	8	4	24	23	22
Montreal	21	6	12	3	28	38	21
Philadelphia	17	6	9	2	20	19	20
Toronto	19	4	11	4	22	35	16

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	20	12	4	4	41	24	40
Real Salt Lake	21	11	7	3	31	26	36
Seattle	20	8	5	7	25	21	31
Vancouver	20	8	6	6	21	23	30
Los Angeles	20	8	10	2	33	32	26
Colorado	19	7	11	1	26	26	22
Chivas USA	17	5	7	5	11	18	20
Portland	18	5	9	4	19	29	19
Dallas	20	4	9	7	19	28	19

Note: Three points for a win, one for a tie.

Sunday's results
Seattle 2 New York 2
D.C. United at Houston
Saturday's results
Toronto 1 New England 0
Chicago 1 Vancouver 0
Philadelphia 2 Montreal 1
Kansas City 2 Columbus 0
Dallas 2 Colorado 1
San Jose 5 Real Salt Lake 0
Los Angeles 5 Portland 3

NASL

	GP	W	L	T	GF	GA	Pt
San Antonio	16	8	3	5	24	15	29
Puerto Rico	17	8	5	4	24	17	28
Tampa Bay	17	8	6	3	23	21	27
Minnesota	16	7	4	5	24	21	26
Carolina	16	5	5	6	28	26	21
Fort Lauderdale	17	5	6	6	25	29	21
Atlanta	17	3	9	5	19	33	14
Edmonton	16	3	9	4	13	18	13

Note: Three points for a win, one for a tie.
Sunday's result
Tampa Bay 1 Edmonton 0
Saturday's results
Atlanta 2 Puerto Rico 1
San Antonio 2 Fort Lauderdale 2

OLYMPICS

CANADIAN FLAG BEARERS AT THE SUMMER GAMES

A look at Canadian flag bearers for the opening ceremonies at the Summer Olympics:
2012: Simon Whitfield, triathlon
2008: Adam van Koeverden, kayak
2004: Nicolas Gill, Judo
2000: Caroline Brunet, kayak
1996: Charmaine Crooks, athletics
1992: Michael Smith, athletics
1988: Carolyn Waldo, synchronized swimming
1984: Alex Baumann, swimming
1980: Sue Holloway, canoeing

CYCLING

TOUR DE FRANCE

At La Toussuire, France
Sunday's results — 14th Stage
1. Luis Leon Sanchez, Spain, Rabobank, four hours, 50 minutes, 29 seconds; 2. Peter Sagan, Slovakia, Liquigas-Cannondale, 0:47 behind; 3. Sandy Casar, France, FDJ-Big Mat, same time; 4. Philippe Gilbert, Belgium, BMC Racing, same time; 5. Gorka Izaguirre, Spain, Euskaltel-Euskadi, same time; 6. Sergio Paulinho, Portugal, Team Saxo Bank-Tinkoff Bank, 2:51; 7. Sebastien Minard, France, France, AG2R La Mondiale, same time; 8. Martin Velits, Slovakia, Omega Pharma-QuickStep, 3:49; 9. Eduard Vorganov, Russia, Katusha, 4:51; 10. Steven Kruijswijk, Netherlands, Rabobank, 4:53.
Overall Standings
(After 14th of 20 stages)
1. Bradley Wiggins, Britain, Sky Procycling, 64 hours, 41 minutes, 16 seconds; 2. Chris Froome, Britain, Sky Procycling, 2:05 behind; 3. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:23; 4. Cadel Evans, Australia, BMC Racing, 3:19; 5. Jurgen Van den Broeck, Belgium, Lotto Belisol, 4:48; 6. Haimar Zubeldia, Spain, RadioShack-Nissan, 6:15; 7. Tejay Van Garderen, U.S., BMC Racing, 6:57; 8. Janez Brajkovic, Slovenia, Astana, 7:30; 9. Pierre Rolland, France, Team Europcar, 8:31; 10. Thibaut Pinot, France, FDJ-Big Mat, 8:51.

GOLF

PGA JOHN DEERE CLASSIC

At Silvis, Ill.
Par 71 (35-36)
Final Round

x-Zach Johnson, $828,000	68-65-66-65—264
Troy Matteson, $496,800	61-68-66-69—264
Scott Piercy, $312,800	65-69-67-65—266
John Senden, $220,800	69-64-67-67—267
Luke Guthrie, $174,800	65-68-71-64—268
Steve Stricker, $174,800	65-67-66-70—268
Scott Brown, $154,100	70-66-66-67—269
Chris DiMarco, $124,200	66-67-68-69—270
Billy Hurley III, $124,200	68-68-64-70—270
Lee Janzen, $124,200	67-65-71-67—270
Ryan Moore, $124,200	67-69-66-68—270
Kevin Streelman, $124,200	68-69-68-65—270
K.J. Choi, $81,267	65-72-67-67—271
Ben Crane, $81,267	66-67-73-65—271
Tommy Gainey, $81,267	69-66-69-67—271
Nick Watney, $81,267	68-68-69-66—271
Erik Compton, $81,267	68-69-66-68—271
J.J. Henry, $81,267	67-64-69-71—271
Gary Christian, $53,820	65-66-70-71—272
Brendon de Jonge, $53,820	68-68-67-69—272

WEB.COM-UTAH CHAMPIONSHIP

At Sandy, Utah

Doug LaBelle II, $99,000	64-68-69-68—269
James Hahn, $36,300	68-66-71-65—270
Scott Gutschewski, $36,300	67-67-69-67—270
Sam Saunders, $36,300	70-68-65-67—270
Michael Putnam, $36,300	67-66-63-74—270
Craig Bowden, $19,800	70-66-68-67—271
Ron Whittaker, $17,738	67-69-71-65—272
Andy Pope, $17,738	68-69-68-67—272
Richard Scott, $11,550	**70-69-68-66—273**
Russell Henley, $11,550	69-70-67-67—273
Also	
James Love, $11,550	**66-68-69-70—273**
Brad Fritsch, $5,029	**64-70-73-68—275**

U.S. SENIOR OPEN

At Lake Orion Mich.
Par 70 (35-35)
Final Round

Roger Chapman, $500,000	68-68-68-66—270
Fred Funk, $177,739	67-71-67-67—272
Tom Lehman, $177,739	70-66-68-68—272
Corey Pavin, $177,739	67-69-68-68—272
Bernhard Langer, $177,739	66-70-64-72—272
Also	
Rod Spittle, $19,491	**70-69-71-72—282**
Jim Rutledge, $17,017	**72-72-73-66—283**

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	3	2	1	0	84	100	4
Hamilton	3	1	2	0	88	109	2
Toronto	3	1	2	0	81	91	2
Winnipeg	3	0	3	0	56	116	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	3	3	0	0	83	37	6
B.C.	3	2	1	0	92	75	4
Edmonton	3	2	1	0	62	42	4
Calgary	3	1	2	0	106	82	2

WEEK THREE
Saturdays results
Hamilton 36 Toronto 27
Saskatchewan 23 B.C. 20
Friday's result
Edmonton 42 Winnipeg 10
Thursday's result
Montreal 33 Calgary 32
WEEK FOUR
Wednesday, July 18
Winnipeg at Toronto, 7:30 p.m.
Thursday, July 19
Saskatchewan at Calgary, 9 p.m.
Friday, July 20
Edmonton at B.C., 10 p.m.
Saturday, July 21
Montreal at Hamilton, 7 p.m.

SATURDAY

TIGER-CATS 36, ARGONAUTS 27

First Quarter
Ham — TD Williams 34 pass from Burris (Congi convert) 10:12
Ham — TD Fantuz 24 pass from Burris (Congi convert) 14:52
Second Quarter
Ham — TD Williams 89 punt return (Congi convert) 1:58
Tor — FG Prefontaine 15 6:27
Ham — Single Bartel 57 10:21
Tor — FG Prefontaine 37 12:27
Tor — TD Jackson 1 run (Prefontaine convert) 13:55
Ham — TD Williams 119 missed field goal return (Congi convert) 15:00
Third Quarter
Tor — FG Alix 18 4:08
Tor — Single Alix 24 10:48
Fourth Quarter
Tor — TD Boyd 5 run (Alix convert) 0:55
Tor — FG Alix 19 4:08
Ham — TD Grant 6 pass from Burris (Congi convert) 8:01

Toronto	**0**	**13**	**4**	**10**	**27**
Hamilton	**14**	**15**	**0**	**7**	**36**

Attendance — 24,263 at Hamilton, Ont.

LIONS 20 AT ROUGHRIDERS 23

First Quarter
B.C. — FG McCallum 38 3:56
Sask — FG Milo 32 11:07
B.C. — TD Johnson 69 pass from Lulay (McCallum convert) 11:50
Second Quarter
Sask — FG Milo 38 3:10
Sask — TD Sheets 1 run (Milo convert) 6:54
B.C. — FG McCallum 30 15:00
Third Quarter
Sask — FG Milo 33 10:57
Fourth Quarter
Sask — TD Jackson 129 missed field goal return 0:40 (Milo convert)
B.C. — TD Iannuzzi 8 pass from Lulay (McCallum) 11:16

B.C.	**10**	**3**	**0**	**7**	**20**
Saskatchewan	**3**	**10**	**3**	**7**	**23**

Attendance — 32,080 at Regina.

FRIDAY

ESKIMOS 42, BLUE BOMBERS 10

First Quarter
Edm — TD Kent 29 fumble return (Shaw convert) 7:31
Edm — FG Shaw 42 10:32
Second Quarter
Edm — TD Koch 33 pass from Jyles (Shaw convert) 2:30
Edm — TD Hill 32 interception return (Shaw convert) 3:53
Edm — Single Shaw 44 5:25
Edm — FG Shaw 24 9:46
Edm — TD Chambers 4 pass from Joseph (Shaw convert) 14:52
Third Quarter
Wpg — FG Palardy 46 12:02
Fourth Quarter
Wpg — TD Matthews 72 pass from Elliot (Palardy convert) 0:46
Edm — TD Charles 76 pass from Joseph (Shaw convert) 9:45

Winnipeg	**0**	**0**	**3**	**7**	**10**
Edmonton	**10**	**25**	**0**	**7**	**42**

Attendance — 32,067 at Edmonton.

SCORING LEADERS

(x — scored two-point convert)

	TD	C	FG	S	Pts
Prefontaine, Tor	0	5	10	2	37
McCallum, BC	0	9	9	0	36
Milo, Sask	0	8	7	2	31
C.Williams, Ham	5	0	0	0	30
Whyte, Mtl	0	9	6	0	27
Paredes, Cal	0	11	5	0	26
Shaw, Edm	0	6	6	1	25
Sheets, Sask	4	0	0	0	24
x-Lewis, Cal	3	2	0	0	20
Palardy, Wpg	0	5	5	0	20

TENNIS

ATP CAMPBELL'S HALL OF FAME CHAMPIONSHIPS

At Newport, R.I.
Singles
Championship
John Isner (1), United States, def. Lleyton Hewitt, Australia, 7-6 (1), 6-4.
Doubles
Championship
Santiago Gonzalez, Mexico, and Scott Lipsky (3), United States, def. Colin Fleming and Ross Hutchins (2), Britain, 7-6 (3), 6-3.

ATP CROATIA OPEN

At Umag, Croatia
Singles
Championship
Marin Cilic (2), Croatia, def. Marcel Granollers (4), Spain, 6-4, 6-2.

WTA ITALIACOM OPEN

At Palermo, Sicily
Singles
Championship
Sara Errani (1), Italy, def. Barbora Zahlavova Strycova (8), Czech Republic, 6-1, 6-3.

WTA BANK OF THE WEST CLASSIC

At Stanford, Calif.
Singles
Championship
Serena Williams (1), United States, def. CoCo Vandeweghe, United States, 7-5, 6-3.
Doubles
Championship
Marina Erakovic, New Zealand, and Heather Watson, Britain, def. Jarmila Gajdosova, Australia, and Vania King (1), United States, 7-5, 7-6 (7).

2012 LCBO BREWMASTERS CUP

Jennifer Abel works out at Montreal 1976 Olympic Pool in Toronto in April. STEVE RUSSELL/TORSTAR NEWS SERVICE

Abel's mind all clear heading into London

Diving. Laval, Que., diver in fine form heading into second Games at age 20

Every Olympics provides us with a belle of the ball.

All of these athletes are so young, so unaffected, so uncommonly nice. We like a bit of growl from a pro, but the Olympics is a social experiment proving to us that you don't have to be fitful and snarling to be great at something.

There are a wide variety of Canadian candidates for that role in London, but few have the elfin charm of Laval, Que., native Jennifer Abel.

When she walks into a room, Abel does so on her toes, like a dancer. She has that open, slightly sideways smile designed for maximum, childlike endearment. She is shy, especially when speaking English.

"I have been taking an English course," Abel says. The accent is hard, all Quebec. She pauses. "Class? Course? Do you say 'class' or 'course'?"

Either, which proves that it's working.

Canada is not a factory producing child divers. Abel was one of the youngest ever when she earned a senior spot at age 15, and an Olympic berth at 16. She placed a very respectable 13th on the three-metre board in Beijing.

While Canada's diving team is still associated with two long-serving veterans — Emilie Heymans (Abel's three-metre synchro partner) and Alex Despatie — it is Abel who comes in on the best run of form.

She did not miss a podium during the 2011 season on the three-metre board. She won a bronze at the world aquatics championships in that event and a silver with Heymans in synchro. Along with freestyle distance swimmer Ryan Cochrane, Abel was named Canada's 2011 aquatic athlete of the year.

This sort of achievement obviously requires focus, but Abel comes across as a dreamy sort.

Quoted

"The time I'm in the air seems so long. Sometimes it feels like I have to think about everything.... It feels like my life passes in front of me before I hit the water."

Jennifer Abel

When she was about 12, she skimmed the board with her head on a rotation during practice. It fixed in her a fear of hurting herself during a dive (ask Despatie about how real that feeling is). She decided she was done with diving. Her family and coaches coaxed her back to the pool. And she adapted to that fear in an odd way. While most divers spend the moments before their dive running through its many complications, Abel does the opposite.

"Nothing. I'm thinking nothing before. If I try to visualize, I will visualize that I am hurting myself," Abel says.

She brought that looseness to Beijing. There are a thousand good reasons why someone doesn't do as well as they might have dreamed they could. Like the rest of us, Olympians are not realists. They know their place well before they arrive, but cling to the idea that the unrealized breakthrough could happen at the perfect moment.

Sometimes, the hope confuses the reality. Many speak of their first Olympics as a teachable moment that has nothing to do with sports, and everything to do with adaptation to the stage itself.

Abel won't allow herself to think that way.

"In Beijing, I wasn't nervous at all. I didn't pay attention to anything, to how big it is," she says. "But now I know. Last time I came 13th. All I want to do is beat that place."

TORSTAR NEWS SERVICE

Back on the board

Canadian diver Alexandre Despatie has cleared a psychological hurdle in his comeback from a head injury.

- On Friday, he completed the dive that landed him in hospital with a concussion last month and put his London Games preparation in jeopardy.
- "Today has been a memorable one!" Despatie said on Twitter. "This morning I did 'THE' dive again..It went well! I was a bit emotional after..But a big step for me! #proud."
- The 27-year-old from Laval, Que., smashed his head during practice in June, leaving a 10-centimetre gash near his hairline that required surgery. THE CANADIAN PRESS

Alexandre Despatie
GETTY IMAGES FILE

Suspension overturned

IOC changes tune on Kuwaiti flag

The IOC lifted a ban on Kuwait's Olympic Committee, allowing the athletes from the Gulf emirate to compete under their country's flag at the London Games.

The International Olympic Committee suspended Kuwait in 2010 because of political interference. The IOC said in May that Kuwaiti athletes would be allowed to participate at the Games despite the dispute, but would have to compete and march in the opening ceremony under the Olympic flag. THE ASSOCIATED PRESS

Racism allegations

Aussie Steffensen threatens to sit out after 400m snub

Australian track athlete John Steffensen has threatened to boycott the London Olympics after alleging racism because he was not selected individually to run the 400 metres and was given only a relay spot.

Steffensen, in a television interview, accused Athletics Australia of racial vilification and said he would bypass the Games in protest. The dual Commonwealth Games gold medallist was upset after an individual 400 berth was granted to teenager Steve Solomon, a runner who also achieved a B-qualifying time.

Steffensen was selected only as a member of Australia's 4x400 relay team.
THE ASSOCIATED PRESS

John Steffensen GETTY IMAGES FILE

Organizers sprint to complete finishing touches

London Olympics. Official says venue setups are on track to be done for opening ceremony

With the opening ceremony less than two weeks away, there's a mad dash to the finish line at the Olympics and it has nothing to do with sprinters.

Hundreds of construction workers are toiling away inside the Olympic Park, laying cables, installing seats and adding the last layers of sparkle and polish to the venues.

There's plenty to do.

"It's looking a bit industrial isn't it?" said Chris Allen, a local who came to the edge of the park to have a look. "I am not seeing England's green fields. I do hope it's going to look better."

Shades of Athens, where chronic delays pushed workers to the brink to complete preparations in time for the Games to start in 2004? Hardly, say London organizers, who have prided themselves on finishing their massive construction project ahead of time and on budget. Things may look a bit messy now, they say, but all will be fine by the time the curtain goes up on July 27, when the torch is lit.

Workers carry scaffolding next to the Riverbank Arena in the Olympic Park on Sunday in London, England. JAE HONG/THE ASSOCIATED PRESS

"We're not at the stage yet where we're ready to flick the TV on," James Bulley, director of venues for the organizing committee LOCOG, told The Associated Press. "The athletes aren't ready to start competing yet, either. We want all our venues to look absolutely spectacular and pristine.

"The venues are ready. We're now just doing the final setup for the Games. We're in a good place. We're on track. There's nothing I'm worried about."

Quoted

"They look unfinished before you get there. But the venues are ready. They've been tested."

Andrew Boff, a member of the London Assembly and vocal critic of the Olympic project

The last few weeks and days are all about putting up signs, fitting in the remaining seats and completing the landscaping.

"We will be mowing lawns right up to the opening ceremony," LOCOG chairman Sebastian Coe told the AP.

The last thing organizers need at this point is a crisis over readiness of the venues. At the moment, they're coping with the fallout from a bungled contract by private security group G4S that forced the government to call in about 3,500 additional troops — many just returned from tours of duty in Afghanistan — to fill the shortfall. THE ASSOCIATED PRESS

metro

CLASSIFIEDS TO ADVERTISE, CALL: 1 800 527-6767

AUTOMOTIVE

Cars & Trucks for Sale

2006 Hyundai Sonata GLS, V6, 124,000km, 1 owner, mint condition, accident free,sun roof, extended warranty, extras, Asking $7800 613-825-0202

Cars & Trucks Wanted

!!!CASH FOR THAT CLUNKER!!! WILL BUY UNWANTED CARS AND TRUCKS FOR SCRAP AND PARTS. PAY CASH
Give me a call and I'll haul it away
BARRY 613-769-7940

PERSONALS

Personals

Roxanne 24h In/Out Calls East End Ottawa 28+ Sexy Slim Petite Brunette Hiring Driver 613-600-9915

SERVICES

Financial

Need Ca$h Today?
Loans up to $10,000
Bad Credit? No Problem.
www.eazycash.ca
613-699-0011
Check Cashing, Car Title Loans, Money Transfers.

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Mortgages

OWN A HOME?
Loaded with Debt? I can help! 1st, 2nd, 3rd Mortgages Re-Financing. Home Equity Loans. Debt Consolidation Loans. Bad Credit? Self-Employed? Bank said "No"? Fast approvals! Quick Closing!
Steve Daigle: sdaigle@tmacc.com
(613)863-0649 Lic:10717

HOUSEHOLD SERVICES

Cleaning Services

LET IT SHINE CLEANING SERVICES
RESIDENTIAL & COMMERCIAL CLEANING
(Fully Licensed, Insured and Bonded)
Weekly•Bi-Weekly•Monthly
One Time Cleaning Services
Call TODAY : 613-440-2847
www.letitshinecleaning.ca

Trades

Billings Construction Services
Commercial & Residential
Renovations/Repairs/Handyman Services
Free Consultation & Estimates
No Project Too Big or Too Small
26 years exp/references
Call David @ 613-805-5320
gdavidbillings@gmail.com

HOME RENOVATIONS
Kitchens & bathrooms, basements, hardwood flooring, painting, plumbing, siding, eavestroughing, general repairs.
Fully Insured & Bonded
Call anytime: 613-299-7333

MISCELLANEOUS

Miscellaneous

LOOK!
Advertise in this space for as low as $10/day!!
Call 1-800-527-6767

Miscellaneous

NEED A RIDE?
Read metrodrive every Wednesday.

Miscellaneous

Attention Realtors!
Want to reach over 92,600 daily Metro News readers?
Advertise your listings with Metro Classifieds.

2 Listings
Starting as low as
$36 per day

Call 1-800-527-6767 to place your ad now!

You'll this.
DOWNLOAD THE NEW METRO APP for your Blackberry, iPhone and iPad.
BlackBerry App World
Available on the App Store
metro

SELL YOUR STUFF FOR FREE in the classifieds!
Call 1-800-527-6767 to place your free ad!
Limit 2 per week • Size 1.535" X .542"
Brought to you by:

The Flea Market
at Rideau Carleton Raceway
EVERY SUNDAY
FREE ADMISSION
613-749-0483
WWW.RCRFLEAMARKET.COM
4837 Albion Rd. Ottawa Ontario K1X 1A3

Air Conditioner • 2 Queen size bed frames & mattresses • Dining room table with four chairs • Call for pricing 613-224-9257

Buying Records! If you have any give me a call at 613-698-7035 (no classical or big bands thank-you) blues jazz and rock and roll welcomed!

Free Math and English
Free assessment on weekends for students
(613)741-8140

Leather Sofa Set with Recliner Dark Brown in color 2 years old, Asking $500.00 613-323-7004

Newer bedroom set includes, bureau, dresser, night table, queen size bed and bookcase. Other items available. $2,000 Please call (613)226-7171

SUMMER SCHOOL MATH HELP BOOKS (grades 8 -12) Please call for prices,various books (613)741-8140

Artec Snow Board 145cm long Boots and Bindings Please make an offer... (613)769-2706

Complete Commercial Kitchen Equipment including icecream maker & flavor machine $11,000 (613)226-7171

GIBBARD DINING SET Hutch & Buffet server. Excellent condition. Asking $500 613-440-4688

Long wooden table with folding legs Old lamp and old picture Call with offers 613-729-7527

Seat Assist, non-electric lift cushion Asking $50.00 613-724-2306

used 4 well nexxus walker w/basket Asking $150 (613)724-2306

Bell Satellite Receiver, Dish and LNB Please make a reasonable offer 613-741-8140

Deluxe coffee table, swing out mirrored tops. $50 Call (613)829-1902

Kids bike - 20" sumo sport. New - $249, Asking $50. Great Condition! Call (613)271-7159

Lost: Android Phone. Black with Red. Lost between Murray St & Market. If found, please call (613)315-8285

Snoring Brown Teddy Bear with nightcap - $20. Other dolls for sale - call for details! Great condition. Call (613)731-8004

Wardrobe / BBQ with rotisserie / Patio shade for trailor / needle point already done / old lamp / sets of encyclopedias Call 613-729-7527 for prices

Box of hindi/english magazines - $20 Call (613)565-2974

Electric Wheelchair very good condition $1200 (613)422-6447

Ladies NEW Leather Jacket Red in color size large Asking $300.00 613-722-6699

MOVING SALE summer sandels (new) $25.00 a pair juicer-hardly used $45.00, call for more stuff! 613-722-6699

•Stereo with 2 Speakers - $75.00
•Ladies shoes for summer - $25
•New Toaster Oven - $50
Call 613-722-6699

Wedding Decorations For Sale Various Themes Available Please email for photos and pricing i_do@live.com

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any such ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Horoscopes

♈ Aries
March 21 - April 20
You have wasted far too much time on issues that in the greater scheme of things just do not matter. That needs to change. It's time to get serious about what is truly important in your life, starting with your family.

♉ Taurus
April 21 - May 21
You know what you want and you know how to get it and come the new moon on Thursday it will be in your possession. When it comes to satisfying your physical and emotional desires, nothing gets in the way!

♊ Gemini
May 22 - June 20
No matter what you are going through at the moment you know what needs to be done to remedy the situation. So do it. Others will come to you with their problems too but they must be told to wait.

♋ Cancer
June 21 - July 22
You don't lack for opinions and over the next few days you won't lack for the confidence to express them. Just make sure that everything you say is based on genuine facts. Wishful thinking is not good enough.

♌ Leo
July 23 - Aug. 22
Some things will make no sense at all over the next few days. Should you be worried? Not really. There is a method behind the apparent madness of current events — it's just that you can't quite see it yet.

♍ Virgo
Aug. 23 - Sept. 22
The closer you get to Thursday's new moon the sharper your vision will be. Your inner vision too will be clear and strong and you'll know without a shadow of a doubt what needs to be done. So do it.

♎ Libra
Sept. 23 - Oct. 22
Get serious about your aims and ambitions this week. Even if you are the type of Libra who finds it hard to be decisive you will be motivated to start something new over the next few days. Make it big.

♏ Scorpio
Oct. 23 - Nov. 21
You will have to deal with people whose ideas and opinions are the opposite to your own today but you can still get along. In fact it is quite likely you will be inspired by their different take on reality.

♐ Sagittarius
Nov. 22 - Dec. 21
Even if you don't see yourself as particularly ambitious you will want to move up in the world over the next few days. More to the point you will want to see your income improve. You're worth more than you're getting.

♑ Capricorn
Oct. 23 - Nov. 21
Let certain people know why you need to break free. They will, of course, disagree with every word you say but you are determined to do things your way for a change. Good for you. It's your life after all.

♒ Aquarius
Jan. 21 - Feb 18
The more you worry about your money situation the more you set up a negative feedback loop, which just makes matters worse. Focus on something positive today, something that brings a smile to your face.

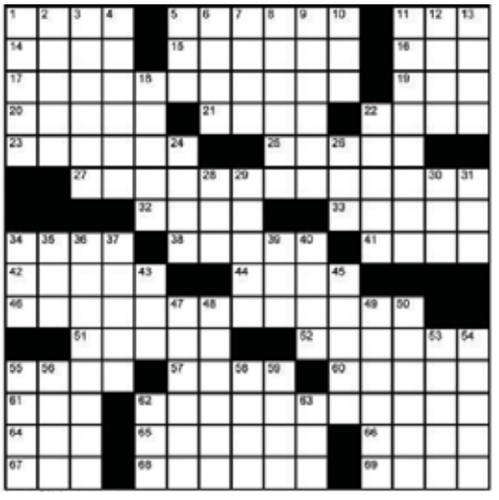
♓ Pisces
Feb. 19 - March 20
If you've got something to say then you must say it, no matter what the consequences might be. Put your point of view across simply but forcefully, then listen carefully to the replies that come in.

SALLY BROMPTON

Crossword

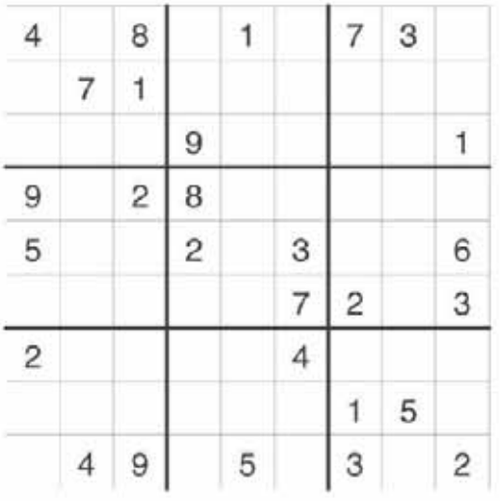
Across
1. Land of the Midnight Sun dweller
5. In 1534, Jacques Cartier landed on the Gaspe Peninsula and claimed the land for this country
11. 1501
14. One of the reeds
15. Cleaning these stables was one of the 12 tasks of Hercules
16. Colgate competitor
17. Paul de ___: founder in 1642 of Ville-Marie (Montreal)
19. "___ thousand times ..."
20. Spotty breakouts
21. Org. probing for outer-space life
22. Bearer of bad luck
23. "___ shabby!"
25. "___ Joe's": diner invitation
27. In 1926, it defined British dominions as equal in status
32. Gunfight at the OK Corral survivor now buried in Colma, California
33. Nearby movie houses, colloquially
34. VIP wheels
38. In 1994, this pact linked Canada, the United States, and Mexico
41. Canada joined this mutual defense org. in 1949
42. Garnish
44. The Lord of the Rings creatures
46. Alberta and Saskatchewan became part of this on Sept. 1, 1906
51. Fiddler on the Roof dairyman
52. Bring in
55. Osso ___ (Italian veal dish)
57. First name in jazz singing
60. Madagascar tree climber
61. That: Sp.
62. Ontario's precursor, established in 1791
64. Abner or Orphan Annie lead-in
65. Accomplished in
66. Astringents
67. Where to take it on the
68. Bytown today
69. Toronto originally

Down
1. Willie of Death of a Salesman
2. "Great" or "Little" Bahamas island
3. Destination in a two-part route
4. Spanish coin first minted in 1869
5. Computer cooler
6. Baseball scores
7. "A Death in the Family" writer
8. Grammar gender
9. Expensive spread
10. Québec-to-Montréal dir.
11. It joined 46-Across on July 15, 1870
12. Singer Celine
13. This giant-screen, large-format film medium was developed in Toronto in 1970
18. "___ Mio": Enrico Caruso hit
22. Canada declared war on this country on Dec. 7, 1941
24. The end ___ era
26. Start of a countdown
28. 60 minuti
29. Expecting, as a raise
30. Sometimes follows a gen.
31. General for whom a style of chicken is named
34. Alberta's ___ La Biche
35. Exchanged vow
36. On September 13, 1759 Wolfe defeated this French commander on the Plains of Abraham
37. Monteverdi opera partly set in the underworld
39. Refrain syllable
40. Broadway opening
43. Cal neighbor
45. City that was India's summer capital during The Raj
47. Colorist's vessel
48. Conger trap under water
49. Without subterfuge
50. "Skip the sandwich dressing"
53. Not so civil
54. East of Eden family name
55. He invented the telephone July 26, 1874, in Brantford, Ont.
56. Org. that oversaw the Voice of America until 1999
58. Swan lover?
59. Got ___ deal
62. La Cage aux Folles actor Tognazzi
63. Windy City rail system, briefly

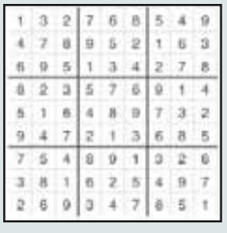


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.



Friday's Sudoku



Friday's crossword

What's online

Looking for more? Check us out online.

- **Answers.** Stumped? See the answers to today's crossword and Sudoku right now at metronews.ca/answers.
- **MetroTube.** We scour the Internet to bring you the best videos out there, at metronews.ca.

NEED A RIDE?
Read metrodrive every Wednesday.

MEGA AUTOMOBILE

MITSUBISHI MOTORS

THE AUTOMOBILE SUPERSTORE!

UP TO 1000 QUALITY USED VEHICLES
LOWEST PRICES GUARANTEED!

UNBEATABLE OFFERS ON ALL MAKES & MODELS

12 FOCUS TITANIUM SE
LOADED, A/C, AUTO • 33975km
st:33561 • **$17,980** • bw:$153***

07 MAZDA CX-7 AWD
LOADED, A/C, AUTO • 77008km
st:34100 • **$14,670** • bw:$161*

10 MAZDA 3
STD • 21975km
st:34125 • **$10,860** • bw:$92***

07 VOLVO S40
LOADED, A/C, AUTO • 87224km
st:33215 • **$15,960** • bw:$175*

07 TUCSON GLS
LOADED, A/C, AUTO • 91780km
st:34027 • **$8,970** • bw:$99*

10 HONDA INSIGHT HYBRID
LOADED, A/C, AUTO • 53737km
st:31958-A • **$17,800** • bw:$151***

11 IMPALA LS
LOADED, A/C • 51554km
st:33008 • **$14,850** • bw:$126***

08 NISSAN VERSA
LOADED, A/C, AUTO • 97172km
st:33909 • **$8,940** • bw:$98*

11 TOWN COUNTRY
STOW-N-GO, NAV, LOADED • 21776km
st:33931 • **$28,850** • bw:$230***

07 SORENTO LX 4X4
LOADED, A/C, AUTO • 109074km
st:32813-A • **$10,850** • bw:$119**

08 ACURA TL
LOADED, A/C, ROOF, LTHR • 86737km
st:33977 • **$18,670** • bw:$205*

08 LINCOLN MKZ AWD
LOADED, ROOF, LTHR • 98400km
st:33632 • **$16,750** • bw:$184**

08 PONTIAC VIBE
A/C, STD • 86574km
st:33272 • **$9,640** • bw:$105*

10 CHRYSLER 300 TOURING
LOADED, A/C • 37776km
st:32861 • **$16,750** • bw:$142***

08 KIA RONDO EX
LOADED, A/C, AUTO • 87121km
st:33324 • **$9,970** • bw:$109*

08 BMW 128i COUPE
LOADED, A/C, ROOF, LTHR • 78474km
st:33071 • **$21,870** • bw:$229*

07 NISSAN QUEST
LOADED, A/C, AUTO • 95995km
st:32409 • **$13,650** • bw:$150*

08 HONDA ACCORD
LOADED, A/C, AUTO • 107112km
st:32664-A • **$13,750** • bw:$151*

08 MAZDA B4000 SE V6 4X4
LOADED, A/C, AUTO • 94501km
st:33823 • **$14,950** • bw:$164*

09 NISSAN ROGUE
LOADED, A/C, AUTO • 60968km
st:32613-A • **$16,950** • bw:$161**

08 PONTIAC TORRENT
LOADED, A/C, AUTO • 75537km
st:33159 • **$13,380** • bw:$147*

07 SANTA FE
LOADED, A/C, AUTO • 81806km
st:33289 • **$13,870** • bw:$152*

08 CHEVROLET MALIBU LT
LOADED, A/C • 31996km
st:33873 • **$12,390** • bw:$136*

GREAT DEALS ON CONVERTIBLE CARS!

10 Sebring Touring
- CONVERTIBLE, Loaded, A/C
- st: 33209
- km: 17028

$22,850
$182*** Bi-weekly

10 Mustang
- CONVERTIBLE, Loaded, Lthr
- st: 33737
- km: 37399

$24,890
$198*** Bi-weekly

07 PT-Cruiser Coupe
- CONVERTIBLE, Loaded, A/C
- st: 33497
- km: 85621

$11,650
$128* Bi-weekly

09 Audi A4 Quattro
- CONVERTIBLE, AWD, Loaded, Lthr
- st: 33874
- km: 23268

$38,850
$350** Bi-weekly

06 New Beetle
- CONVERTIBLE, Loaded, A/C
- st: 33914
- km: 105000

$12,650
$139* Bi-weekly

11 Chrysler 200
- CONVERTIBLE, Loaded, A/C
- st: 33756
- km: 19326

$24,620
$197*** Bi-weekly

11 SUZUKI KIZASHI
LOADED, A/C, AUTO • 34328km
st:33619 • **$16,970** • bw:$144***

08 ODYSSEY LX
LOADED, A/C • 89036km
st:33421 • **$16,750** • bw:$184*

07 VOLKSWAGEN GOLF
AUTO • 84893km
st:32513 • **$9,960** • bw:$109*

11 LANCER SPORTBACK
LOADED, A/C • 20170km
st:34002 • **$16,950** • bw:$144***

07 MAZDA 6 SPORT
LOADED, A/C, AUTO • 52699km
st:34111 • **$11,810** • bw:$130*

10 DODGE CHARGER
LOADED, A/C • 57663km
st:33459 • **$15,870** • bw:$135***

08 CHEVROLET COBALT LS
STD • 72981km
st:34124 • **$6,570** • bw:$72*

11 DODGE CALIBER SXT
LOADED, A/C, AUTO • 18847km
st:34004 • **$14,350** • bw:$122***

09 TOYOTA VENZA AWD
LOADED, A/C, AUTO • 22487km
st:31787 • **$24,850** • bw:$224**

07 CHEVROLET OPTRA
STD • 92295km
st:12138-A • **$5,670** • bw:$62*

08 INFINITI EX35 AWD
LOADED, A/C, ROOF, LTHR • 105315km
st:33822 • **$21,880** • bw:$229*

07 VOLKSWAGEN JETTA CITY
LOADED, A/C, AUTO • 64761km
st:32266 • **$10,950** • bw:$120*

08 JEEP COMPASS SPORT
STD • 68815km
st:32457 • **$10,650** • bw:$117*

07 BENZ B200 TURBO
LOADED, A/C, AUTO • 45602km
st:32643 • **$18,870** • bw:$207*

12 ECLIPSE GS COUPE
LOADED, A/C, AUTO • 16691km
st:33655 • **$22,860** • bw:$182***

10 TOYOTA COROLLA CE
LOADED, A/C, AUTO • 65320km
st:32948 • **$12,950** • bw:$110***

08 FORD FUSION SE
LOADED, A/C, AUTO • 78001km
st:33400 • **$11,950** • bw:$131*

09 AVEO LS
A/C, AUTO • 66333km
st:31053-A • **$8,820** • bw:$84**

08 FORD ESCAPE XLT
LOADED, A/C, AUTO • 93583km
st:33089 • **$13,650** • bw:$150*

09 FORESTER AWD
LOADED, A/C, AUTO • 113766km
st:33820 • **$14,860** • bw:$141**

08 SAAB 9-3 2.0T
LOADED, ROOF, LTHR, AUTO • 90901km
st:33488 • **$13,980** • bw:$153*

08 MAZDA TRIBUTE
LOADED, A/C, AUTO • 94336km
st:33862 • **$11,870** • bw:$130*

07 FORD EDGE SEL AWD
LOADED, A/C, LTHR, AUTO • 95433km
st:32926-A • **$17,850** • bw:$196*

07 CADILLAC CTS
LOADED, A/C, LTHR • 64065km
st:33383 • **$16,930** • bw:$186*

08 BMW X3 AWD
LOADED, A/C, ROOF, LTHR • 51156km
st:33285 • **$29,650** • bw:$310*

11 SCION XD
LOADED, A/C, AUTO • 26280km
st:33854 • **$16,970** • bw:$144***

11 FORD FIESTA SE
LOADED, A/C, AUTO • 50713km
st:33517 • **$13,980** • bw:$118***

10 SUZUKI SX4 LE
LOADED, A/C, AUTO • 60387km
st:32750 • **$11,970** • bw:$101***

11 HYUNDAI SONATA
LOADED, A/C, MAGS, AUTO • 56556km
st:32771 • **$17,950** • bw:$152***

10 EQUINOX LS AWD
LOADED, A/C, AUTO • 63009km
st:33050 • **$18,850** • bw:$160***

08 HYUNDAI ELANTRA GL
STD • 34056km
st:33047 • **$8,450** • bw:$92*

11 SMART FORTWO
LOADED, PANORAMIC ROOF • 23464km
st:33682 • **$13,670** • bw:$116***

07 HYUNDAI ACCENT GLS
STD • 102442km
st:33670-A • **$5,950** • bw:$65*

07 NISSAN ALTIMA 2.5SL
LOADED, A/C, LTHR, AUTO • 76686km
st:33835 • **$11,930** • bw:$131*

10 SENTRA XTRONIC CVT
LOADED, A/C, AUTO • 81934km
st:33941 • **$11,670** • bw:$99***

08 DODGE NITRO R/T 4WD
LOADED, A/C • 111226km
st:12090-A • **$13,650** • bw:$150*

07 TRAILBLAZER 4WD
LOADED, A/C, ROOF • 79210km
st:33199 • **$14,870** • bw:$163*

11 DODGE AVENGER SXT
LOADED, A/C, ROOF, AUTO • 24624km
st:33540 • **$16,850** • bw:$143***

08 NISSAN MAXIMA 3.5SE
LOADED, A/C, AUTO • 89027km
st:34120 • **$14,870** • bw:$163*

08 VOLKSWAGEN RABBIT
LOADED, A/C, AUTO • 83644km
st:33925 • **$11,670** • bw:$128*

09 TOYOTA MATRIX
LOADED, A/C • 68124km
st:33622 • **$12,960** • bw:$123**

08 ACURA CSX
LOADED, A/C, LTHR, ROOF • 81716km
st:33762 • **$14,970** • bw:$164*

08 MINI COOPER CLUBMAN
LOADED, LTHR, ROOF • 70545km
st:33687 • **$18,650** • bw:$205*

ARE YOU EMPLOYED BY FEDERAL, PROVINCIAL OR MUNICIPAL GOVERNMENT?
IF YES, FINANCE YOUR VEHICLE AT MEGA & RECEIVE OUR BANK COMMISSION OF UP TO
$500

www.megaautomobile.com
1261 ST. JOSEPH BOULEVARD, GATINEAU 819.770.2277
JUST 5 MINUTES FROM DOWNTOWN OTTAWA.
OPEN 8 DAYS A WEEK - BILINGUAL STAFF

Disclaimer: Bi-weekly payments include all taxes. *60 months (130 payments) **72 months (156 payments) ***84 months (182 payments) at 6.5% (minimum $20,000) and 7.9% (Minimum $10,000) with $0 down payment, OAC. Freight and reconditioning (if any) included. †Prices do not include taxes and license. 2nd chance financing is not eligible for $1000 Cash Back. Contact Mega Automobile for details. Vehicles may not be exactly as shown.